



# Another Japan is Waiting for You

Encounter the unexpected as you explore the culture  
and cuisine of Japan's countryside



# Another Japan is Waiting for You

Encounter the unexpected as you explore the culture and cuisine of Japan's countryside

# Contents

Blessed with majestic mountains and surrounded by immense seas, Japan has a varied and complex natural environment that quietly blooms and flourishes, worlds away from the hustle and bustle of its huge cities. Deep in the countryside, rustic mountain and fishing villages embrace their own distinct cultures that are rooted in their vastly different climates.

Visitors fortunate enough to travel to these parts can experience the true Japan through beautiful seasonal scenery, a variety of tasty local cuisine, traditional customs, and warm interactions with friendly local people. Relax in the leisurely flow of time, which elevates Japan's singular charms in a way not possible in cities like Tokyo and Osaka.

Add a more profound element to your travels with a trip to the enchanting Japanese countryside.

## Recommended Regions

### Tohoku

- 01 Koromogawa, Oshu City, Iwate ..... P04
- 02 Oshika Peninsula, Ishinomaki City, Miyagi ..... P05
- 03 Semboku City, Akita ..... P06

### Hokuriku/Shinshu

- 04 Teradomari, Nagaoka City, Niigata ..... P07
- 05 Shinminato District, Imizu City, Toyama ... P08
- 06 Johana, Nanto City, Toyama ..... P09
- 07 Shiramine, Hakusan City, Ishikawa ..... P10
- 08 Saku City, Nagano ..... P11

### Kanto

- 09 Nakagawa Town, Otawara City, Tochigi ... P12
- 10 Chichibu City, Yokoze Town, Minano Town, Nagatoro Town, Ogano Town, Saitama ... P13
- 11 Kamakura City, Kanagawa ..... P14

### Tokai

- 12 Minobu Town, Yamanashi ..... P15
- 13 Kannami Town, Shizuoka ..... P16
- 14 Tahara City, Atsumi Peninsula, Aichi ..... P17
- 15 Taiki Town, Mie ..... P18
- 16 Osatsu Town, Toba City, Mie ..... P19
- 17 Misugi Town, Tsu City, Mie ..... P20

### Kansai

- 18 Miyama Town, Nantan City, Kyoto ..... P21
- 19 Asuka Village, Nara ..... P22
- 20 Gose City, Nara ..... P23
- 21 Uda City, Nara ..... P24
- 22 Ota River Basin, Nachikatsuura Town, Wakayama ..... P25

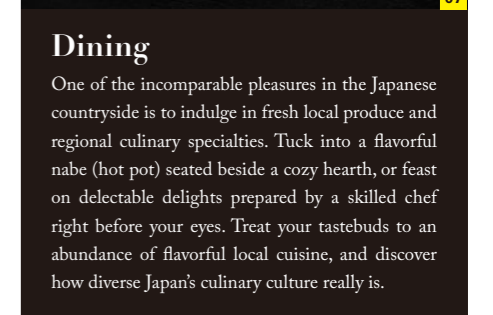
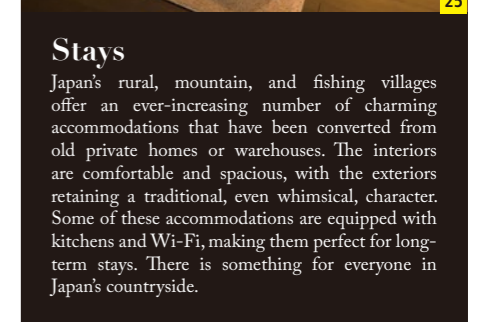
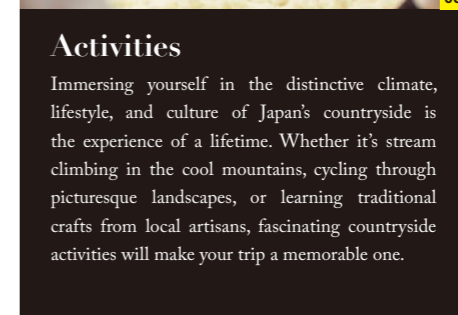
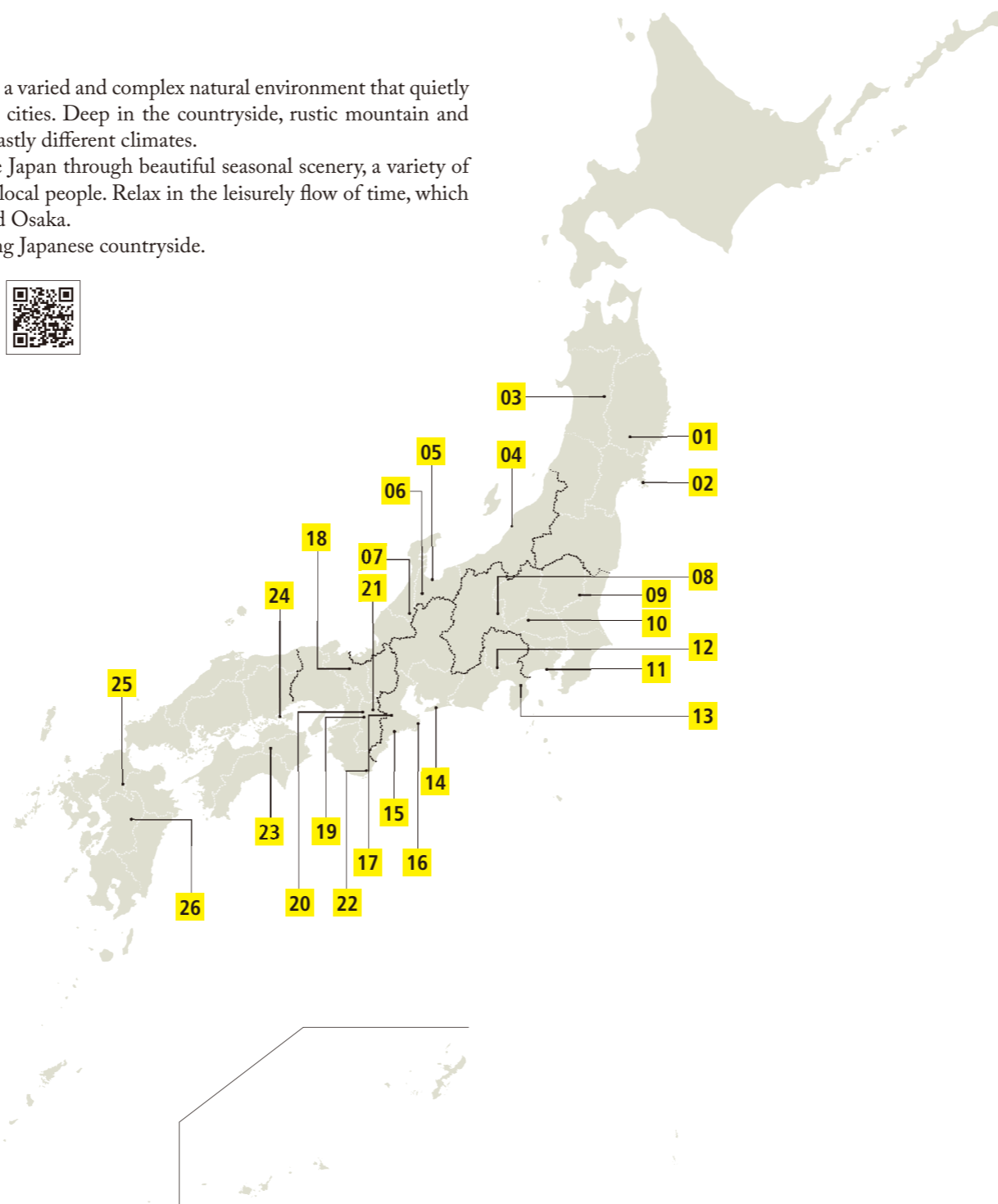
### Shikoku

- 23 Nishi-Awa Area (Mima City, Miyoshi City, Tsurugi Town, Higashimiyoshi Town), Tokushima ..... P26
- 24 Teshima Island, Tonosho Town, Kagawa ... P27

### Kyushu

- 25 Ukiha City, Fukuoka ..... P28
- 26 Yamato Town, Kumamoto ..... P29

Check the site



## Stays

Japan's rural, mountain, and fishing villages offer an ever-increasing number of charming accommodations that have been converted from old private homes or warehouses. The interiors are comfortable and spacious, with the exteriors retaining a traditional, even whimsical, character. Some of these accommodations are equipped with kitchens and Wi-Fi, making them perfect for long-term stays. There is something for everyone in Japan's countryside.

## Activities

Immersing yourself in the distinctive climate, lifestyle, and culture of Japan's countryside is the experience of a lifetime. Whether it's stream climbing in the cool mountains, cycling through picturesque landscapes, or learning traditional crafts from local artisans, fascinating countryside activities will make your trip a memorable one.

## Dining

One of the incomparable pleasures in the Japanese countryside is to indulge in fresh local produce and regional culinary specialties. Tuck into a flavorful nabe (hot pot) seated beside a cozy hearth, or feast on delectable delights prepared by a skilled chef right before your eyes. Treat your tastebuds to an abundance of flavorful local cuisine, and discover how diverse Japan's culinary culture really is.

# Koromogawa, Oshu City, Iwate

Encounter Majestic Horses in a Peaceful Riverside Setting



Just 4 kilometers west of the World Heritage Site of Hiraizumi lies the picturesque farming village of Koromogawa. Farms and villages stretch along the riverbanks, where horses and goats graze leisurely in the surrounding pasturelands. Here, in this natural haven in southern Iwate Prefecture, visitors can enjoy activities such as horseback riding and canoeing or unwind in scenic hot springs.

## Access

From Tokyo Station to Ichinoseki Station by JR Tohoku Shinkansen (2 hours–2 hours and 30 minutes)  
From Sendai Station to Ichinoseki Station by JR Tohoku Shinkansen (30 minutes)  
From Ichinoseki Station to Hiraizumi Station by JR Tohoku Main Line (8 minutes)

## Contact

Koromogawa Agricultural Stay Regional Council

Telephone Number: +81 (0)197-52-3750

Telephone Languages: Japanese

English URL (Japanese Only): <http://umacoro.com/>

Email: [billy@proof.ocn.ne.jp](mailto:billy@proof.ocn.ne.jp) Email Languages: Japanese, English, Thai



## Recommended Accommodation

### Shizukatei

This charming Japanese inn is nestled in a nostalgic woodland landscape, offering a serene escape with its natural hot spring baths, including open-air bath, perfect for relaxing and connecting with nature. The cuisine features Iwate's renowned Japanese black beef, freshly harvested vegetables from the inn's own garden, and the owner's signature handmade soba noodles. Guests can also partake in harvesting vegetables, soba noodle making, pizza making, and other hands-on activities.

Address: 10-5 Hiraizumi Nagakura, Hiraizumi-cho, Nishiiwai-gun, Iwate Prefecture

Telephone Number: +81 (0)191-34-2211 Telephone Languages: Japanese, English

Access: 10-minute drive from JR Hiraizumi Station

Check-in: 3:00 p.m.–7:30 p.m. (Contact the inn directly in case of late arrival. Last check-in is at 10:00 p.m.)

Check-out: 10:00 a.m. Rates: From ¥11,880 per night with 2 meals

Website URL: <https://shizukatei-hiraizumi.com/>

Reservation Website URL: <https://shizukatei-hiraizumi.com/room-charge>



## Recommended Restaurant

### Koto-no-Yuushoku

A cafeteria attached to a store that manufactures and sells 'dango' dumplings and rice cakes. Their specialty is the local delicacy of green rucola udon noodles. The noodles are made by kneading dough with leafy rucola, a nutrient-rich vegetable said to have originated in Egypt. The store also sells take-away rucola noodles, Koromogawa's specialty pearl barley and pearl barley products, as well as perilla and cereals from around Iwate Prefecture.

Address: 5-3 Furuo, Koromogawa-ku, Oshu-shi, Iwate Prefecture

Telephone Number: +81 (0)197-52-3561

Telephone Languages: Japanese

Access: 11-minute drive from JR Hiraizumi Station

Opening Hours: 10:00 a.m.–5:00 p.m.

Closed: Monday, Wednesday

Website URL (Japanese Only): <https://www.iwate-syokuzaiclub.com/sanchoku/data.php?n=17>



## Recommended Experience

### Horse Riding and Canoeing Experience

Experience horse-riding at a quaint riverside ranch, where visitors of all ages can safely canoe along the gently flowing river. A kitchen trailer offers welcome drinks and sweets, while a large tent accommodates up to eight people for changing clothes.

Meeting Place: JR Hiraizumi Station

Telephone Number: +81 (0)197-52-3750

(Koromogawa Agricultural Stay Regional Council)

Telephone Languages: Japanese, English, Thai

Access: 10-minute drive from JR Hiraizumi Station

Duration: 2 hours

Fee: ¥10,000

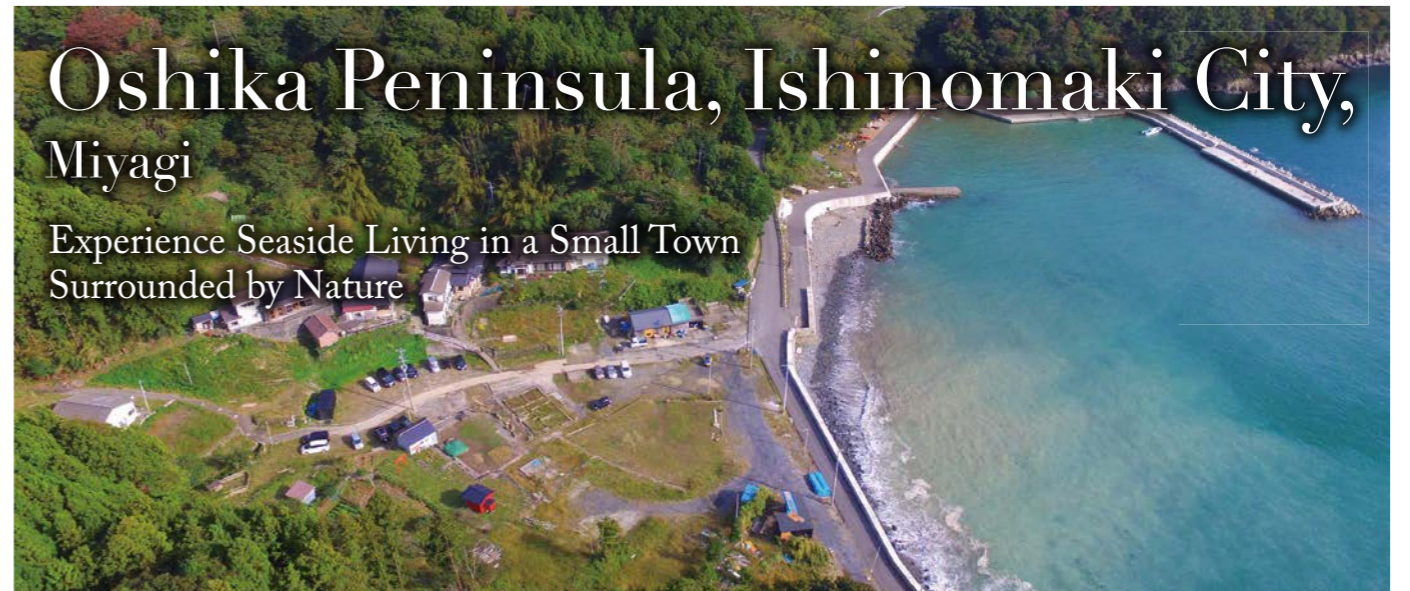
Website URL: <http://umacoro.com/activity/>

Reservation Website URL: <http://umacoro.com/activity/>



# Oshika Peninsula, Ishinomaki City, Miyagi

Experience Seaside Living in a Small Town Surrounded by Nature



Blessed with stunning scenery and abundant marine resources, the Oshika Peninsula juts out into the Pacific Ocean in northeastern Miyagi Prefecture. The area around Mount Kinka, at the peninsula's tip, is one of the world's three largest fishing grounds, boasting a diverse array of seafood. Its intricate, rias-style coastline supports the cultivation of oysters, wakame seaweed, ascidians, and various fish, as well as provides a habitat for wild game like Japanese deer. Visitors can immerse themselves in a coastal lifestyle that makes the most of nature's bounty.

## Access

From Sendai Station to Ishinomaki Station on the JR Senseki Line (1 hour and 20 minutes)  
From Ishinomaki Station to Watanoha Station on the JR Ishinomaki Line (10 minutes)

## Contact

Hamanone

URL (Japanese Only): <https://www.hamaguridou.com/>

Email: [info@hamaguridou.com](mailto:info@hamaguridou.com)

Email Languages: Japanese



## Recommended Accommodation

### Momonoura Village

This accommodation and training facility is nestled in the picturesque Momonoura village, surrounded by mountains and sea. Facility users can choose to stay in the main house, which features a shared kitchen, toilet, and bathroom facilities, two tiny houses, or a tent site. Guests primarily self-cater their meals. The facility also provides numerous hands-on programs year-round, allowing users to deepen their understanding of the sea and mountains.

Address: 17 Utoki, Momonoura, Ishinomaki-shi, Miyagi Prefecture

Telephone Number: +81(0)225-25-6870 Telephone Languages: Japanese, English

Access: From JR Ishinomaki Station, take the Miyagi Kotsu Bus Ayukawa Line to Oginohama Shogakko-mae bus stop (33 minutes), then walk for 3 minutes Check-in: 3:00 p.m. Check-out: 10:00 a.m.

Rates: Main house: From ¥4,500, Tiny house: From ¥19,000 for one building, Tent site: From ¥3,000

Website URL: <https://oshika-hamahaku.jimdosite.com/%E6%BB%9E%E5%9C%A8%E3%81%99%E3%82%8B-stay/>

Reservation Website URL (Japanese Only): <https://docs.google.com/forms/d/e/1FAIpQLSdMzu-RHvMAeORYkAW05gRzJZPLfdUio-PN5zkXHU4PIS2Q/viewform>



## Recommended Restaurant

### Hamaguridou

This restaurant, located on the same site as the 'Takami' lodging facility on Hamagurihama Beach, offers a reserved "beach lunch" for adults at just ¥2,200. In addition to seafood, the menu features various wild game, such as Japanese deer, the population of which has been rapidly increasing in recent years. During cafe hours, visitors can enjoy homemade snacks, drinks, and a light set meal.

Address: 18 Hamagurihama, Momonoura, Ishinomaki-shi, Miyagi Prefecture

Telephone Number: +81 (0)225-90-2909

Telephone Languages: Japanese, English

Access: From JR Ishinomaki Station, take the Miyagi Kotsu Bus Aikawa Line to Hamagurihama bus stop (26 minutes), then walk for 3 minutes

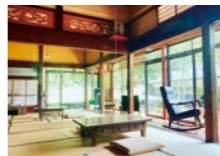
Opening Hours: 11:00 a.m.–12:30 p.m. (reservations required. Cafe open from 1:00 p.m.–5:00 p.m.)

Closed: Check the calendar on Instagram

Website URL: <https://oshika-hamahaku.jimdosite.com/%E9%A3%9F%E3%81%B9%E3%82%8B-eat/>

Reservation Website URL: <https://www.instagram.com/hamaguridou/>

Reservations: DM on Instagram



## Recommended Experience

### Coastal Life Experience (Fishing, Hunting, Forestry)

This plan offers guests the chance to stay at 'Hamaguridou Takami' lodge, where they can experience coastal life alongside the staff. Immerse yourself in nature through activities such as fishing, hunting, and forestry. Additionally, guests can enjoy fishing on the owner's boat, learn how to fillet fish, and create dishes using freshly caught ingredients from the sea.

Address: 18 Hamagurihama, Momonoura, Ishinomaki-shi, Miyagi Prefecture

Telephone Number: +81 (0)225-90-2909

Telephone Languages: Japanese, English

Access: From JR Ishinomaki Station, take the Miyagi Kotsu Bus Ayukawa Line to Hamagurihama bus stop (26 minutes), then walk for 5 minutes

Duration: 2 days and 1 night

Fee: Fishing experience: ¥5,000 per person (for 2–5 persons). For hunting and forestry experiences, please inquire.

Website URL: <https://oshika-hamahaku.jimdosite.com/>

Reservation Website URL (Japanese Only): <https://www.hamaguridou.com/%E3%81%8A%E5%95%8F%E5%90%88%E3%81%9B/>

Reservations: Fill in the contact form with your preferred dates at least 2 weeks in advance (for weekend guests)



# Semboku City, Akita

Semboku City Eco-Conscious Tourism  
“Smile in the Countryside”



Semboku City is a tourist destination that represents the best that Akita Prefecture has to offer, with wonders like the Nyuto Onsenkyo hot-spring resort, the samurai residences of Kakunodate Bukeyashiki Street, and Lake Tazawa, the deepest lake in Japan. Visitors can tour a multiplicity of natural, historical, and cultural attractions. Semboku is also a leader in eco-conscious tourism, with farmhouse accommodations and other eco-friendly lodgings dotted across the city. Pay a visit to this rural gem and delight in its peaceful eco-conscious lifestyle and generous local hospitality.

## Access

From Tokyo Station to Tazawako Station (2 hours and 50 minutes), or to Kakunodate Station (3 hours), by JR Akita Shinkansen  
From Sendai Station to Kakunodate Station by JR Akita Shinkansen (1 hour and 30 minutes)  
From Akita Airport to Akita Station by JR Akita Shinkansen and then by limousine bus to Kakunodate Station (1 hour and 30 minutes)  
From Kakunodate Station to Ugo-Nagatoro Station by Akita Nairiku Line (20 minutes)

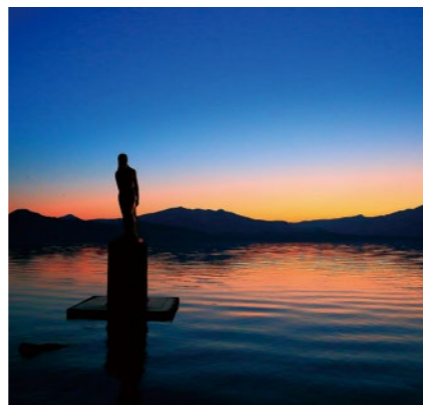
## Contact

Semboku City Rural Experience Association

URL: <https://semboku-gt.jp/en/>

Telephone Number: +81 (0)187-43-2277 Telephone Languages: Japanese, English

Email: [info@semboku-gt.jp](mailto:info@semboku-gt.jp) Email Languages: Japanese, English



## Recommended Accommodation

### Seisetsukan

Located in a peaceful farm village a short distance from Lake Tazawa, this private inn has a dining room with a terrace on the first floor, guest rooms and a bathroom on the second floor, and a kitchen where guests can prepare their own meals. The inn's set meals are prepared by local farmers using vegetables harvested that day. Guests can also try their hand at making *kiritanpo*, an Akita specialty, or engage in harvesting spinach and other vegetables.

Address: 404 Odainokai, Hinokinai, Nishiki-cho, Semboku-shi, Akita Prefecture

Telephone Number: +81 (0)187-48-2914 Telephone Languages: Japanese

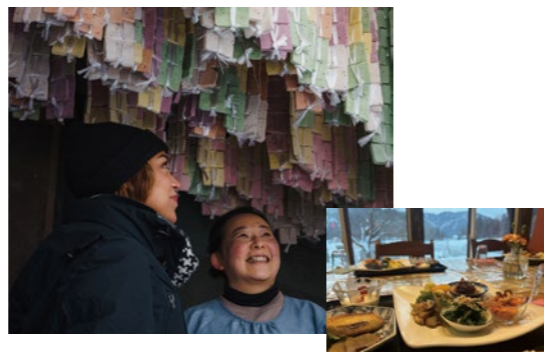
Access: Pickup service available from Ugo-Nagatoro Station on the Akita Nairiku Line

Check-in: 3:00 p.m. Check-out: 10:00 a.m.

Rates: From ¥11,000 per person per night with two meals; from ¥6,600 per person with no meal

Website URL: <https://semboku-gt.jp/en/stay/seisetsukan/>

Reservation Website URL: <https://semboku-gt.jp/en/reserve/>



## Recommended Restaurant

### Cafe+Inn That Sounds Good!

This stylish boardinghouse is located just a 30-second walk from Lake Tazawa. The spacious hall, filled with musical instruments, serves as a café and bar on weekday evenings and on weekends, serving freshly roasted coffee and light meals, such as homemade muffins and pizza. Regular live jazz performances are also held here.

Address: 160-58 Katamae, Tazawako, Tazawa, Semboku-shi, Akita Prefecture

Telephone Number: +81 (0)187-43-0127

Telephone Languages: Japanese, English

Access: From JR Tazawako Station, take the Ugo Kotsu Bus, Nyuto Line, to Koen Iriguchi bus stop (10 minutes), then walk for 30 minutes.

Opening Hours: 6:30 p.m.–11:00 p.m. (11:00 a.m.–4:00 p.m. on Saturdays, Sundays, and national holidays)

Closed: Irregular holidays

Website URL: <https://semboku-gt.jp/en/stay/sounds-good/>



## Recommended Experience

### Farmstay

Semboku City is home to approximately 35 eco-tourism facilities, many of which are inns run by farmers. Each facility has a distinctive character and charm all its own—from those with owners who interact freely with guests to peaceful retreats perfect for enjoying the quiet life of a farming village. Visitors can also participate in activities such as farming or cooking local dishes.

Address: Varies by facility

Telephone Number: +81 (0)187-43-2277 (Semboku City Rural Experience Association)

Telephone Languages: Japanese, English

Access: Varies by facility

Duration: Please inquire for information

Fee: Please inquire for information

Website URL: <https://semboku-gt.jp/en/experience/farm-stay/>

Reservations: Contact the Semboku City Rural Experience Association by phone or email (info@semboku-gt.jp)



# Teradomari, Nagaoka City, Niigata

Discover Abundant Marine Life  
and Rich Traditional Culture  
in a Historic Port Town  
by the Sea of Japan



Teradomari, located in the heart of Niigata Prefecture and facing the Sea of Japan, is a rustic town steeped in history. It has flourished since the Edo period (1603-1867) when it served as a port for the historic Kitamae-bune ships waiting for favorable winds to cross over to Sado Island. The area boasts numerous temples, shrines, and historic sites, with elegant streets perfect for a scenic stroll. Teradomari's stunning coastline is also home to popular swimming beaches, and fresh local fish can be savored year-round.

## Access

From Tokyo Station to Nagaoka Station (1 hour and 40 minutes) or Tsubame-Sanjo Station (1 hour and 50 minutes) by JR Joetsu Shinkansen  
From Tsubame-Sanjo Station to Yoshida Station by JR Yahiko Line (12 minutes)  
From Yoshida Station to Kita-Yoshida Station (3 minutes) or Teradomari Station (15 minutes) by JR Echigo Line  
From Niigata Airport to Teradomari by car (2 hours)

## Recommended Accommodation

### VILLA VOIX

This luxury hotel near Teradomari Port features three guest rooms, each accommodating a maximum of 12 people. The entire building can be rented for up to 22 people. Amenities include a private sauna, jacuzzi, Wi-Fi, and projector, making it ideal for work vacations. Guests can also enjoy local experience plans and catering services.

Address: 9773-21 Teradomari Uetamachi, Nagaoka-shi, Niigata Prefecture

Telephone Number: +81 (0)50-1809-1630

Telephone Languages: Japanese, English, Chinese

Access: From JR Nagaoka Station, take the Echigo Kotsu Bus bound for Teradomari Sakaimachi to Sakana-no-Ichiba Dori bus stop, then walk for 5 minutes. Or, a 15-minute drive from JR Teradomari Station.

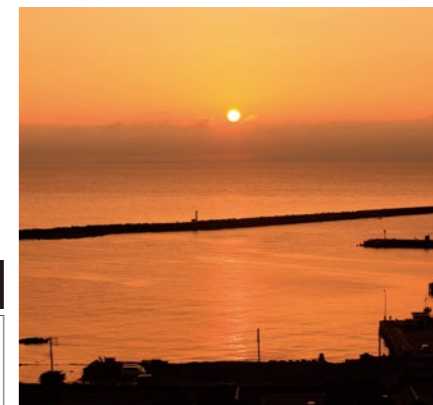
Check-in: 3:00 p.m. Check-out: 10:00 a.m.

Rates: Single-room rental from ¥110,000, Hekiten from ¥82,500, Garan from ¥27,500, Soukai from ¥24,750

\*Room rates vary by season

Website URL: <https://villavoix.com/teradomari/#>

Reservation Website URL: <https://villavoix-booking.airhost.co/en/houses/257452>



## Recommended Restaurant

### Teradomari Street Market (Sakana-no-Ameyoko)

This bustling fish market, situated along the national highway by the Sea of Japan, is lined with eleven fresh fish and souvenir stores. Visitors can buy fresh fish and processed goods sourced from the local Teradomari and Izumozaki ports at reasonable prices. Enjoy a meal at the second-floor cafeteria or purchase fresh ingredients to cook at your inn.

Address: Teradomari Shimoaramachi, Nagaoka-shi, Niigata Prefecture

Telephone Number: +81 (0)258-75-3363

Telephone Languages: Japanese, English

Access: From JR Nagaoka Station, take the Echigo Kotsu Bus bound for Teradomari Sakaimachi to Sakana-no-Ichiba bus stop (60 minutes), then walk for 1 minute.

15-minute drive from JR Teradomari Station, 30-minute drive from JR Tsubame-Sanjo Station, or 60-minute drive from JR Nagaoka Station.

Opening Hours: 8:30 a.m.–5:00 p.m.

Closed: No holidays

Website URL (Japanese only): <https://nagaoka-navi.or.jp/spot/5823>



## Recommended Experience

### Pastel Painting and Calligraphy (Postcard) Experience at a Historical Temple

(available for VILLA VOIX guests only)

Try your hand at traditional and modern calligraphy at the historic Yosen-ji Temple in Teradomari. Immerse yourself in Japanese culture while enjoying the unique atmosphere of the temple, which resembles a movie set. The temple features a harmonious blend of Japanese and Western-style rooms, offering peaceful and quiet surroundings.

Address: Tsuyasan Yosen-ji Temple, 3883 Teradomari Ichirizuka, Nagaoka-shi, Niigata Prefecture

Telephone Number: +81 (0)258-75-2210

Telephone Languages: Japanese, English

Access: From JR Nagaoka Station, take the Echigo Kotsu Bus bound for Teradomari Sakaimachi to Sakana-no-Ichiba Dori bus stop, then walk for 8 minutes. Or, 15-minute drive from JR Teradomari Station.

Duration: 1 hour and 30 minutes

Fee: Brush Script ¥3,500, Penmanship ¥3,000

Website URL: <https://villavoix.com/teradomari/activity/#>

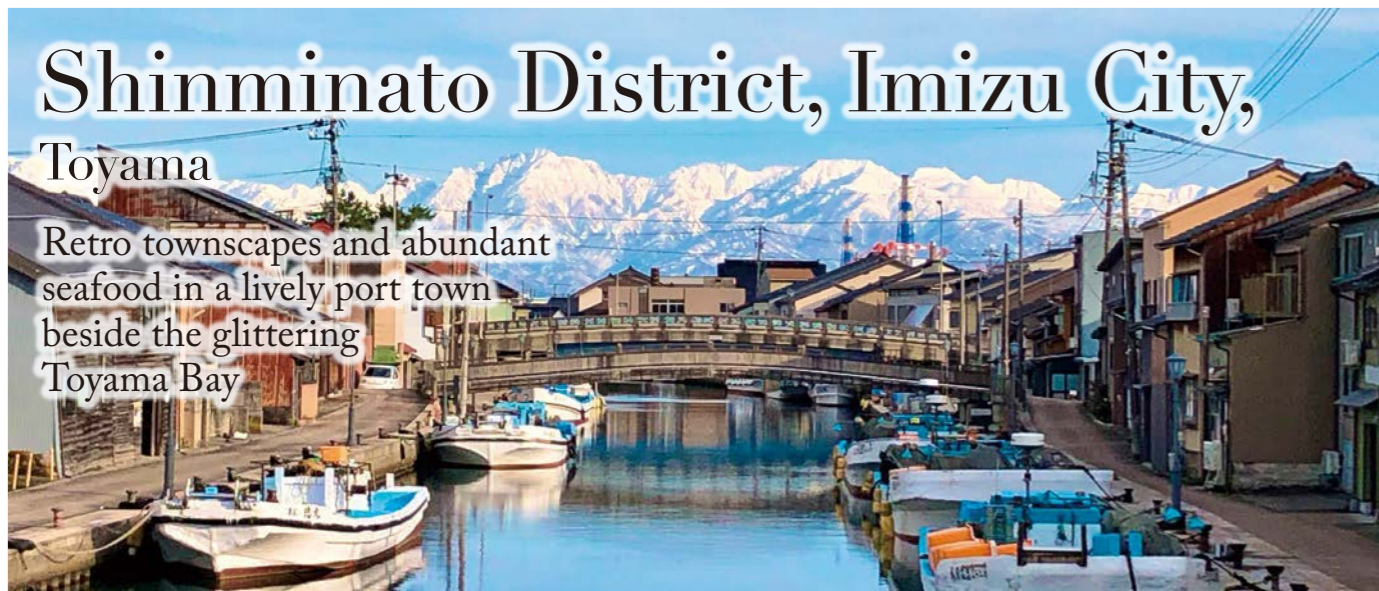
Reservations Website URL: <https://villavoix-booking.airhost.co/en/houses/257452>



# Shinminato District, Imizu City,

## Toyama

Retro townscapes and abundant seafood in a lively port town beside the glittering Toyama Bay



Overlooking the bountiful Toyama Bay, the vibrant Shinminato district of Imizu City is a historical hub that flourished in the golden age of the Kitamae-bune merchant ships. The area was a favorite of prominent figures like Otomo no Yakamochi, who compiled the ancient Man'yōshū poetry anthology, and the shogun Ashikaga. Shinminato is most famous for its marine products, such as firefly squid, white shrimp, and snow crab, which contribute to a thriving sushi culture. The splendid bayside scenery, the Showa-era retro townscape, and the Tateyama Mountain Range rising over Toyama Bay add color and character to this one-of-a-kind landscape.

### Access

From Shin-Takaoka Station, take the JR Johana Line to Takaoka Station. Then take the Manyo Line to Shinmachi Station, Naka Shinminato Station, Higashi Shinminato Station, or Kaiomaru Station (total 1 hour). From October to March, the Burikani Bus also runs from Toyama Station to the Shinminato area (30 minutes).

### Contact

Albergo Diffuso Shinminato Pioneer Council  
Telephone Number: +81 (0)80-5430-9858 Telephone Languages: Japanese, English, Korean



### Recommended Accommodation

## Uchikawano-ie Nago

This 100-year-old mansion renovated as a guesthouse is located in the Hojozu district, which once prospered as a port of call for Kitamae-bune ships. Three types of guest rooms are available—tatami mat, wooden floor, or Western-style bed—and guests may select their preference. The two Japanese gardens are relaxing spots where guests can enjoy the seasons and a gentle sea breeze, and the café on the premises serves delightful meals and tea.

Address: 17-5 Hojozu-machi, Imizu-shi, Toyama Prefecture  
Telephone Number: +81 (0)766-75-3137 Telephone Languages: Japanese  
Access: 8-minute walk from Shinmachi Station on the Manyo Line  
Check-in: 3:00 p.m.–6:00 p.m. Check-out: 10:00 a.m.  
Rates: Accommodation without meals for two people, one room from ¥8,030  
Website URL: <https://uchikawanoie-nago.com/english.html>  
Reservation Website URL: [https://www.airbnb.com.au/users/show/239435668?set\\_bev\\_on\\_new\\_domain=1715933258\\_ZDA4Y2QyNzBkMTA4](https://www.airbnb.com.au/users/show/239435668?set_bev_on_new_domain=1715933258_ZDA4Y2QyNzBkMTA4)



### Recommended Restaurant

## BARZER LABO

A local hidden gem serving Italian food, including particularly local seafood. The interior of this renovated private house is a relaxing space filled with woody tones. Only fixed *omakase* courses are available for both lunch and dinner. Enjoy dishes made with seasonal ingredients, including seafood fresh from the Shinminato Fishing Port.

Address: 1-4-13 Hachimang-cho, Imizu-shi, Toyama Prefecture  
Telephone Number: +81 (0)766-75-8719  
Telephone Languages: Japanese  
Access: 10-minute walk from Higashi Shinminato Station on the Manyo Line  
Opening Hours: Noon–2:00 p.m. and 6:00 p.m.–10:00 p.m. (by reservation only)  
Closed: on the 5th, 10th, 15th, 20th, 25th, and 30th of every month and the last day of the month  
Website URL (Japanese Only): <https://www.instagram.com/barzer.labo/?hl=ja>



### Recommended Experience

## Experience with Lion Dance Performance

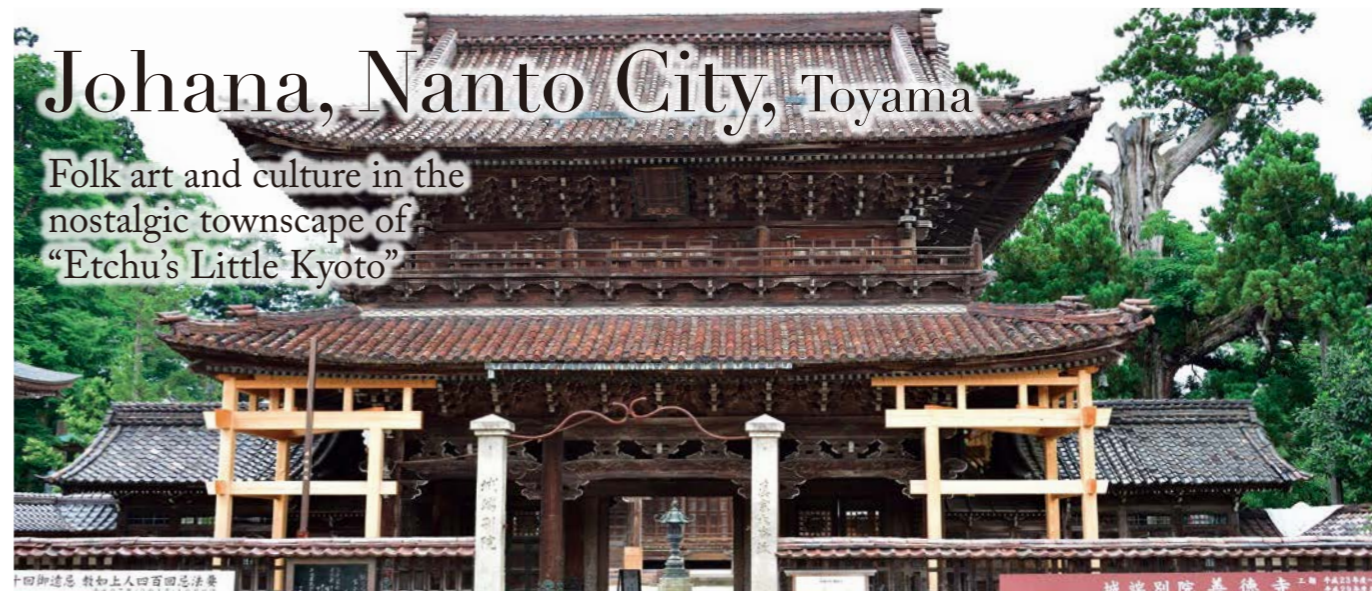
This lion-dance experience is organized by the Shinminato Branch of the Etchu Festival Youth Association. After an explanation of the history and the various roles in the lion dance, participants will be treated to an authentic, exciting performance. They then become insiders in this traditional Japanese activity by trying their hand at moving the lion and beating the drums. A commemorative photo tops off the day. Please inquire for details as events are held irregularly.

Meeting place: Hojozu Hachimangu, 2-2-27 Hachimang-cho, Imizu-shi, Toyama Prefecture  
Telephone Number: +81 (0)80-8697-2352  
Telephone Languages: Japanese  
Access: 6-minute walk from Higashi Shinminato Station on the Manyo Line  
Duration: 1 hour Fee: ¥8,000  
Website URL (Japanese Only): <https://imizucci.jp/wp/wp-content/uploads/historia8.pdf>  
Reservations: Inquire by phone



# Johana, Nanto City, Toyama

Folk art and culture in the nostalgic townscape of “Etchu’s Little Kyoto”



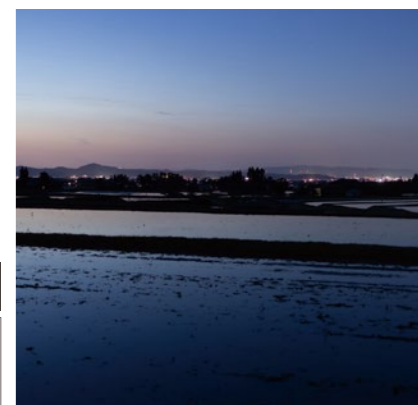
Located at the southern tip of the Tonami Plain, the Johana area came to fruition when the Zentoku-ji Temple was founded 550 years ago. The region became widely known for its beautiful silks and picturesque townscape that is often referred to as “Etchu’s Little Kyoto”. ‘Mingei’ folk craft culture took root with the advent of the ‘Mingei Movement’ at Zentoku-ji Temple, which furthered the region’s affinity for handcrafted tools.

### Access

From Shin-Takaoka Station to Johana Station on the JR Johana Line (1 hour)

### Contact

‘Mizu-to-Takumi’ Toyama West Tourism Promotion Association  
Telephone Number: +81 (0)766-95-5170  
Telephone Languages: Japanese, English  
URL: <https://mizutotakumi.jp/?lang=en>  
Email: [info@mizutotakumi.jp](mailto:info@mizutotakumi.jp)  
Email Languages: Japanese, English, French

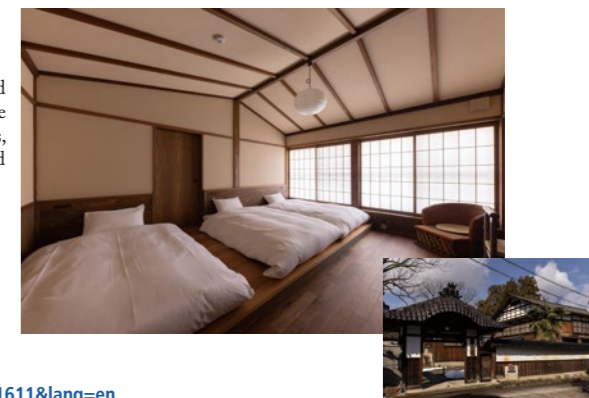


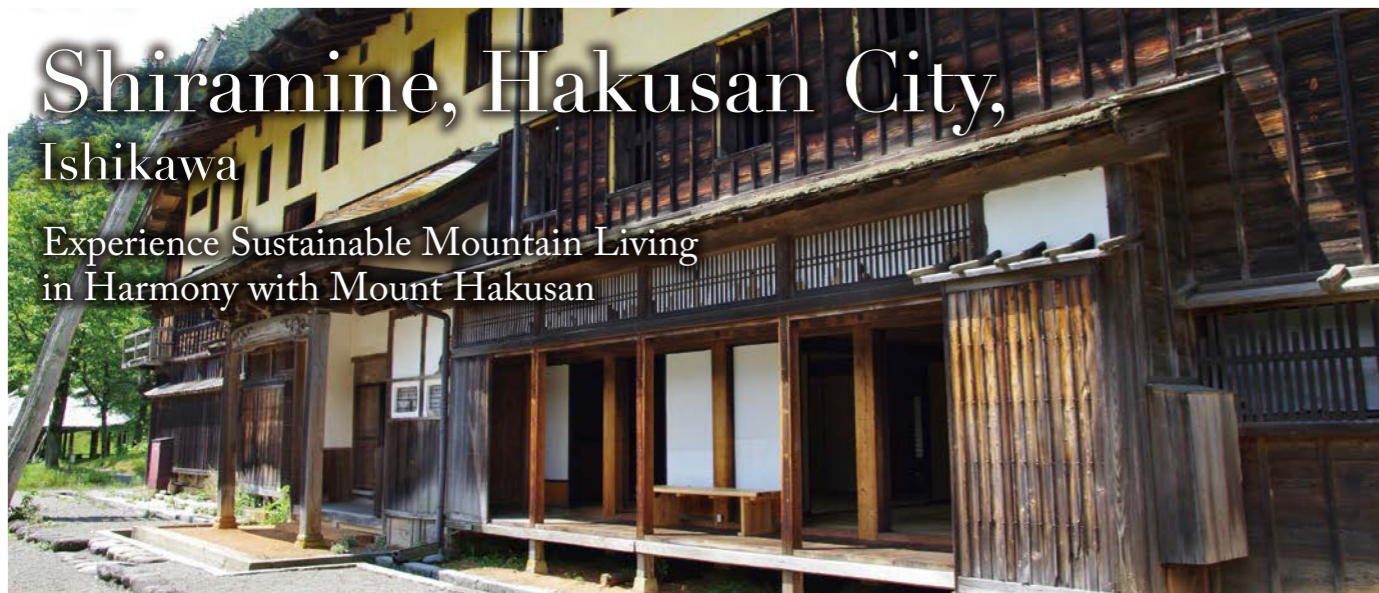
### Recommended Accommodation

## Moritoshia

A temple accommodation facility renovated from the former training quarters at the 550-year-old Zentoku-ji Temple. Marketed with the slogan “stay overnight at a folk-art museum”, the temple boasts a fascinating history as the original center of the ‘Mingei’ folk art movement. The guest rooms, located on the second floor of the building, are furnished with folk art from different periods and regions. There are five twin rooms and one triple room.

Address: Moritoshia, Johana Betsuin Zentokujji Temple, 405, Johana, Nanto-shi, Toyama Prefecture  
Telephone Number: +81 (0)763-77-3732  
Telephone Languages: Japanese, English  
Access: 11-minute walk from JR Johana Station  
Check-in: 3 p.m.–9 p.m.  
Check-out: 10 a.m.  
Rates: From ¥15,000  
Website URL (Japanese Only): <https://www.moritoshia.jp/>  
Reservation Website URL: <https://d-reserve.jp/GSEA001F01300/GSEA001A01?hotelCode=000001611&lang=en>





# Shiramine, Hakusan City, Ishikawa

## Experience Sustainable Mountain Living in Harmony with Mount Hakusan

Located on the southern edge of Ishikawa Prefecture at the foot of the sacred Mount Hakusan, Hakusan City embodies a deep connection to sustainable traditions and a vibrant cultural heritage, with local communities living in harmony with the lush natural surroundings of the mountain. Known for some of Japan's heaviest snowfalls, the city's Shiramine district looks truly spectacular when combined with its idyllic village scenery. In addition to being recognized as an Important Preservation District for Groups of Traditional Buildings, this historic sericulture settlement is also celebrated for its soothing sodium bicarbonate hot springs.

### Access

From Nishi-Kanazawa Station to Hokuriku Railway Tsurugi Station (25 minutes), then transfer to the bus to Shiramine (1 hour)  
From Kanazawa Station to Shiramine by bus (2 hours) or car (1 hour and 15 minutes)  
From Komatsu Airport to Shiramine by car (1 hour)

### Contact

**Shiramine Tourism Association**  
Telephone Number: +81 (0)90-4686-9238 Telephone Languages: Japanese  
URL: <https://yositai2022.wixsite.com/visit-shiramine>  
Email: [rinpaku.shiramine@gmail.com](mailto:rinpaku.shiramine@gmail.com) Email Languages: Japanese, English



### Recommended Accommodation

#### Hakusan-en

This traditional hot spring inn serves delectable dishes made from seasonal local ingredients, including wild vegetables, river fish, and its renowned hot pot. The inn's hot spring water is drawn from the same source as 'Shiramine Onsen Soyu', a spring celebrated for its skin-beautifying properties. Conveniently located in the village center, Hakusan-en offers guests to chance to explore the traditional townscape on foot and enjoy browsing various specialty food stores. The inn is also a popular base for climbing Mount Hakusan. Don't forget to greet the inn's friendly cat as you relax and unwind in your cozy room.

Address: 158-4 Ro, Shiramine, Hakusan-shi, Ishikawa Prefecture  
Telephone Number: +81 (0)76-259-2057 Telephone Languages: Japanese  
Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine  
Check-in: 3:00 p.m. Check-out: 10:00 a.m. Rates: From ¥14,000 per person per night with two meals  
Website URL (Japanese Only): <http://www.hakusan-nagai.jp/hakusanen>  
Reservation Website URL (Japanese Only): <https://travel.rakuten.co.jp/HOTEL/28340/28340.html>



### Recommended Restaurant

#### Yukidaruma Cafe

This late 18th century wooden house in the Important Preservation District for Groups of Traditional Buildings was revitalized as a gathering place for local residents. Also attracting fans from outside the area, Yukidaruma's specialties include udon noodles featuring grated daikon radish and seasonal ingredients, as well as the whimsical 'Tedoru River Dam Curry'. The restaurant also offers banquet-style dining in the evenings.

Address: 75 I, Shiramine, Hakusan-shi, Ishikawa Prefecture  
Telephone Number: +81 (0)76-259-2071  
Telephone Languages: Japanese  
Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine  
Opening Hours: 11:00 a.m.–3:00 p.m., 5:00 p.m.–9:00 p.m.  
Closed: Thursdays \*Subject to change – please check before visiting  
Website URL (Japanese Only): [https://www.instagram.com/ykdrm\\_cafe/](https://www.instagram.com/ykdrm_cafe/)

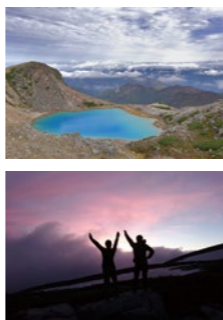


### Recommended Experience

#### Mount Hakusan Nature Tour

Mount Hakusan is a sacred mountain that has been a site of pilgrimage for 1,300 years. Enjoy a two-day, one-night mountain climbing tour with local guides who live at the foot of the mountain. Highlights include witnessing the sunrise from the summit and immersing yourself in the history, culture, and nature of Hakusan.

Meeting place: In front of Saisai (negotiable)  
Telephone Number: +81 (0)90-4686-9238 (NPO Hakusan Shiramine Nature School)  
Telephone Languages: Japanese, English  
Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine Duration: Two days  
Fee: From ¥50,000 for a group of up to five persons  
Website URL: <https://yositai2022.wixsite.com/visit-shiramine/things-to-do>  
Reservation Website URL (Japanese Only): <https://www.shiramine-nature-school.org/activities>  
Reservations: Fill in the application form on the above reservation website, call, or email [www.shiramine.org@gmail.com](mailto:shiramine.org@gmail.com)



Nestled amidst rugged mountains and lush forests, the picturesque Saku region in eastern Nagano Prefecture is renowned for its pristine water and fertile soil, ideal for sake brewing and agriculture. Home to 13 historic sake breweries, each producing sake with a distinct flavor, Saku invites you to experience its idyllic lifestyle. Discover the timeless traditions of sake brewing and farming that have been passed down through generations in this charming region.

### Access

From Tokyo Station to Sakudaira Station by JR Hokuriku Shinkansen (80 minutes), then from Sakudaira Station to Usuda Station on the JR Koumi Line (25 minutes)

### Contact

**Kurabito Friendly Saku Sake Brewery Agritourism Promotion Council**  
URL: <https://sakusake-tourism.com/en/>  
Email: [info@kurabitostay.com](mailto:info@kurabitostay.com)  
Email Languages: Japanese, English



### Recommended Accommodation

#### Sake Brewery Hotel® KURABITO STAY

Experience a unique stay at the private Sake Brewery Hotel®, located on the premises of a 330-year-old sake brewery. Enjoy the blend of tradition and modernity in a beautifully renovated 100-year-old, 158m² old private house. With Karuizawa just a 40-minute drive away, the hotel's convenient location makes it perfect for visiting nearby wineries, bakeries, and gardens. Guests can savor sake available only in the Saku region. Vegan and halal options are also available.

Address: 623-2 Usuda, Saku-shi, Nagano Prefecture  
Telephone Number: +81(0)267-74-0588 Telephone Languages: Japanese, English  
Access: 20-minute drive from Sakudaira Station / 20-minute walk from JR Usuda Station / 7 km from Saku Minami IC on the Chubu-San Expressway  
Check-in: From 2:30 p.m. Check-out: 10:00 a.m.  
Rates: ¥49,800 per night without meals (private room) (up to 3 persons; for 4 or more persons, an extra ¥12,800 per person)  
\*Discounts are available for consecutive nights and repeat guests.  
Website URL: <https://kurabitostay.com/en/> Reservation Website URL: <https://kurabitostay.com/en/booking/>



### Recommended Restaurant

#### Cuisine Lemon

Indulge in Japanese cuisine handmade by a Minister of Agriculture, Forestry and Fisheries Award-winning chef who has trained at high-end traditional Japanese restaurants in Ginza and Roppongi. His vibrant dishes feature local ingredients such as Shinshu salmon, prunes, and Saku carp. Enjoy luxurious creations that showcase the chef's skills paired with Saku's locally brewed sake. Vegan and halal options are also available.

Address: 2179-5 Usuda, Saku-shi, Nagano Prefecture  
Telephone Number: +81 (0)267-82-2325  
Telephone Languages: Japanese  
Access: A 7-minute walk from Sake Brewery Hotel® KURABITO STAY  
Opening Hours: 11:30 a.m.–2:00 p.m., 6:00 p.m.–9:00 p.m.  
Closed: Sundays and occasional Mondays  
Website URL (Japanese only): [https://www.facebook.com/p/%E3%81%8A%E6%96%99%E7%90%86%E3%82%8C%E3%82%82%E3%82%93-100063520060727?locale=ja\\_JP](https://www.facebook.com/p/%E3%81%8A%E6%96%99%E7%90%86%E3%82%8C%E3%82%82%E3%82%93-100063520060727?locale=ja_JP)



### Recommended Experience

#### Sake Brewery Hotel® KURABITO STAY Sake Brewing Experience

KURABITO STAY provides an immersive brewery worker experience at a sake brewery with over 300 years of history. Stay in a 100-year-old building called 'Hiroshiki,' where the brewers once slept, and try your hand at authentic sake brewing. Wander through the brewery, interact with locals, and get a taste of life as a sake brewer.

Address: 623-2 Usuda, Saku-shi, Nagano Prefecture  
Telephone Number: + (0)267-74-0588  
Telephone Languages: Japanese, English  
Access: 20 minutes by car from Sakudaira Station  
Duration: 1 night & 2 days, 2 nights & 3 days  
Fee: (with English support) 1 night & 2 days with 2 meals and koji making experience: ¥79,800, 2 nights & 3 days with 3 meals and sake brewing experience: ¥129,800  
(Japanese language only) 1 night & 2 days with 2 meals and koji making experience: ¥55,000, 2 nights & 3 days with 3 meals and sake brewing experience: ¥88,000  
Website URL: <https://kurabitostay.com/en/experience/>  
Reservation Website URL: <https://kurabitostay.com/en/booking/>  
Reservations: Reserve through the KURABITO STAY website





# Nakagawa Town, Otawara City, Tochigi

Relax Among Rice Fields and Clear Streams While Interacting with Friendly Locals!

Just 2 hours by train from Tokyo Station lies the tranquil rural city of Otawara. Visitors to this serene countryside region can enjoy enriching farmhouse stays and connect with friendly local residents. Stay at the Iizukatei Residence, a renovated Tangible Cultural Property in Nakagawa Town available for exclusive rental by one group per day. Admire the beautiful garden and immerse yourself in the peaceful life of Otawara.

### Access

From Tokyo Station to Nishi-Nasuno Station by JR Tohoku Shinkansen and train (1 hour and 50 minutes)  
From Haneda Airport to Nishi-Nasuno Station by car (2 hours and 30 minutes)

### Contact

Otawara Tourism Co., Ltd.  
Telephone Number: +81 (0)287-47-6759 Telephone Languages: Japanese  
URL (Japanese Only): <https://www.ohotawaragt.co.jp/>  
Email: [info@ohotawaragt.co.jp](mailto:info@ohotawaragt.co.jp) Email Languages: Japanese



### Recommended Accommodation

## Iizukatei - Historic Monument Renovation Hotel

Experience high-quality accommodation at the Iizukatei Residence, a beautifully renovated 200-year-old Tangible Cultural Property. Situated in the heart of the town, the hotel is conveniently located near numerous restaurants and stores. Guests can experience a new type of local travel where they can immerse themselves in an authentic Japanese rural lifestyle and enjoy interacting with local townspeople.

Address: 360 Bato, Nakagawa-cho, Tochigi Prefecture  
Telephone Number: +81 (0)287-82-7551 Telephone Languages: Japanese, English  
Access: 40-minute drive from Nishi-Nasuno Station  
Check-in: 3:00 p.m.–6:00 p.m. Check-out: 11:00 a.m. Rates: From ¥20,900 per person per night  
Website URL: <https://iizukatei.ohotawaragt.co.jp/en/>  
Reservation Website URL: <https://reserve.489ban.net/client/iizukatei/4/plan/availability/room/stay>

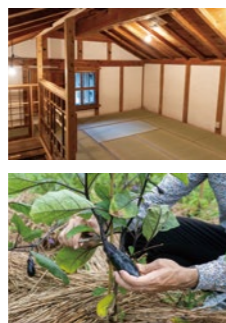


### Recommended Accommodation

## Agriturismo in Odawara

Stay at one of six farmhouse-style hotels, each renovated from an old private home or warehouse. Guests can indulge in delicious food and unique experiences at each farmhouse. At WAIN, guests can stay in a stylish warehouse and enjoy a barbecue in the 2,000-square-meter garden. At Hanazono Sozo, meanwhile, guests can try planting vegetables, soybeans, and even making miso. Choose the farmhouse hotel that suits your taste and enjoy your stay.

Address: 6 locations in Otawara City, Tochigi Prefecture  
Telephone Number: +81 (0)287-47-6759 (Ootawara Tourism Co., Ltd.)  
Telephone Languages: Japanese, English  
Access: 40-minute drive from Nishi-Nasuno Station  
Check-in: Varies by hotel  
Check-out: Varies by hotel  
Rates: Varies by hotel  
Website URL: <https://ohotawaragt.co.jp/agriturismo/en/>

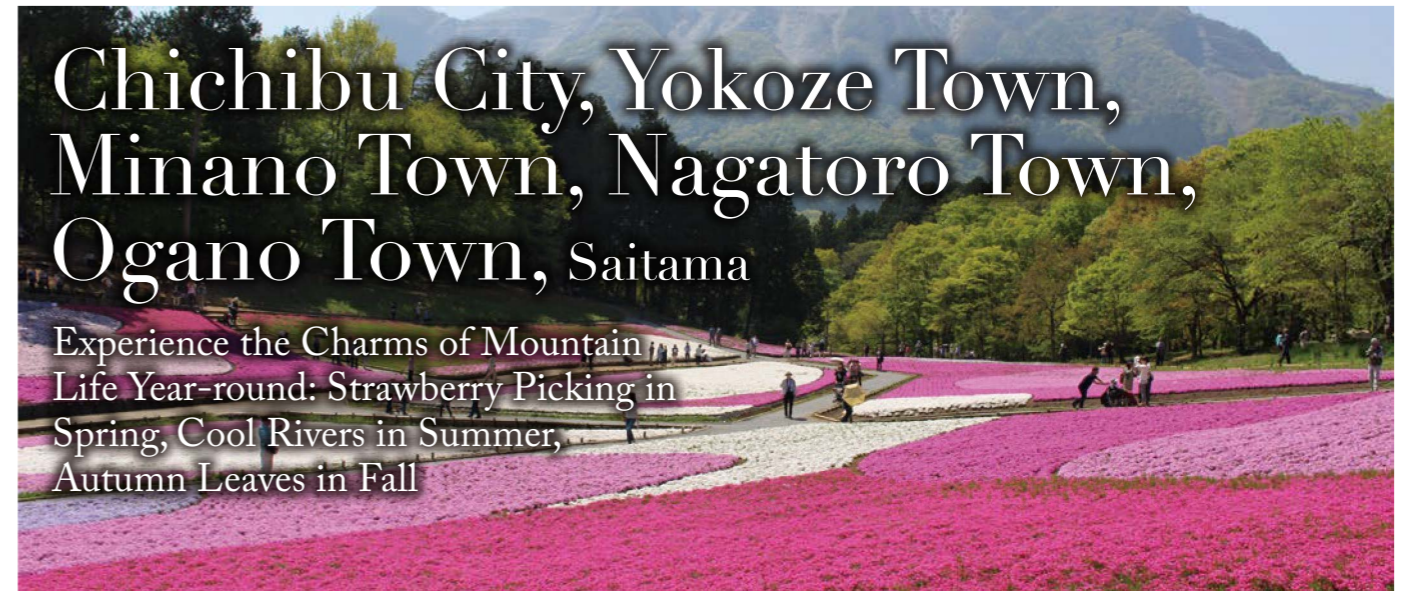


### Recommended Experience

## Farm Work and Japanese Culture Experience at a Farmhouse Guest House

Stay at a farmhouse in Otawara City and experience authentic Japanese countryside life. Choose from approximately 180 farmhouses to find one that meets your needs. Enjoy farming and cultural activities, such as wearing a kimono and making Japanese food. Zen meditation experiences at temples, river rafting and other sports experiences can also be arranged.

Address: Various locations in Otawara City  
Telephone Number: +81 (0)287-47-6759 (Ootawara Tourism Co., Ltd.)  
Telephone Languages: Japanese, English  
Access: Varies by farm  
Duration: Varies by activity  
Fee: Varies by activity  
Website URL (Japanese Only): [https://www.ohotawaragt.co.jp/intro/about\\_ohotawara\\_green\\_tourizm.html](https://www.ohotawaragt.co.jp/intro/about_ohotawara_green_tourizm.html)  
Reservations: Call or email ([info@ohotawaragt.co.jp](mailto:info@ohotawaragt.co.jp))



# Chichibu City, Yokoze Town, Minano Town, Nagatoro Town, Ogano Town, Saitama

Experience the Charms of Mountain Life Year-round: Strawberry Picking in Spring, Cool Rivers in Summer, Autumn Leaves in Fall

Located just 1 hour and 20 minutes by train from Ikebukuro, Tokyo, the Chichibu region is a region in Kanto offering year-round activities. Enjoy strawberry picking at sightseeing farms in spring, river trips along Arakawa River tributaries in summer, stunning autumn foliage in fall, and mesmerizing icicles in winter. The area is home to numerous famous temples and shrines, including Mitsumine Shrine. Savor the region's renowned fresh produce at local lodging facilities and restaurants.

### Access

From Tokyo Station to Chichibu Station by train (2 hours)  
From Ikebukuro Station to Seibu-Chichibu Station by train (1 hour and 20 minutes)  
From Haneda Airport to Chichibu Station by car (2 hours 30 minutes)

### Contact

Chichibu Area Tourism Organization  
Telephone Number: +81 (0)494-26-6260 Telephone Languages: Japanese  
URL: <https://www.chichibu-omotenashi.com/en/>  
Email: <https://www.chichibu-omotenashi.com/mail-form/>  
Email Languages: Japanese

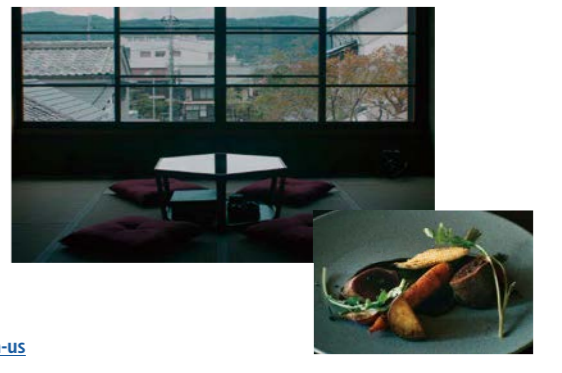


### Recommended Accommodation

## NIPPONIA Chichibu Shrine Town

Stay in one of eight beautifully renovated Tangible Cultural Properties near Chichibu Shrine and immerse yourself in Japanese culture and lush nature. Located in a quiet spot, all rooms feature luxurious Japanese cypress baths. Savor creative cuisine made with carefully selected local ingredients, served at the onsite restaurant open to both guests and non-guests.

Address: MARUJU Building (Reception Building) 17-5 Miyakawa-cho, Chichibu-shi, Saitama, KOIKE and MIYATANI Buildings 17-10 Banba-machi Chichibu-shi, Saitama  
Telephone Number: +81 (0)494-53-9230 Telephone Languages: Japanese, English  
Access: 10-minute walk from Chichibu and Seibu-Chichibu Station for both the MARUJU Building (Reception Building), and KOIKE and MIYATANI Buildings  
Check-in: From 3:00 p.m. Check-out: 11:00 a.m. Rates: From ¥22,700 per person per night with 2 meals  
Website URL (Japanese Only): <https://nipponia-chichibu.jp/>  
Reservation Website URL: <https://www.booking.com/hotel/jp/nipponia-zhi-fu-men-qian-ting.html?lang=en-us>

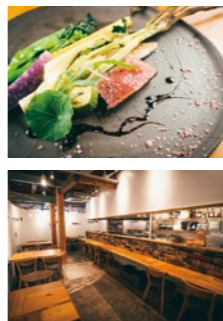


### Recommended Restaurant

## cucina salve

Savor Italian cuisine made from local ingredients at this fusion restaurant. The chef creates delectable dishes using more than 150 varieties of barley, soybeans, and other grains, along with vegetables, herbs, and mushrooms grown on the restaurant's own organic farm. The restaurant also maintains a poultry farm with 200 chickens, producing their own chicken meat, eggs, and other products using vegetable scraps as feed. The evening menu features Chef Hiroshi Tsubouchi's Omakase Course, starting at ¥8,800 and varying by season.

Address: 17-14 Banba-machi, Chichibu-shi, Saitama Prefecture  
Telephone Number: +81 (0)494-22-6227  
Telephone Languages: Japanese  
Access: 8-minute walk from Chichibu Station, 9-minute walk from Seibu-Chichibu Station  
Opening Hours: 6:00 p.m.–10:00 p.m. (Lunch: open only on Saturday, Sunday, and national holidays 11:30 a.m.–2:00 p.m.)  
Closed: Wednesday, Thursday (irregular holidays, check the website)  
Website URL: <https://www.byfood.com/restaurant/cucina-salve-1657>  
Reservation Website URL: <https://www.byfood.com/restaurant/cucina-salve-1657>  
Reservations: Reservations required. Call or email ([info@salvagest.jp](mailto:info@salvagest.jp))



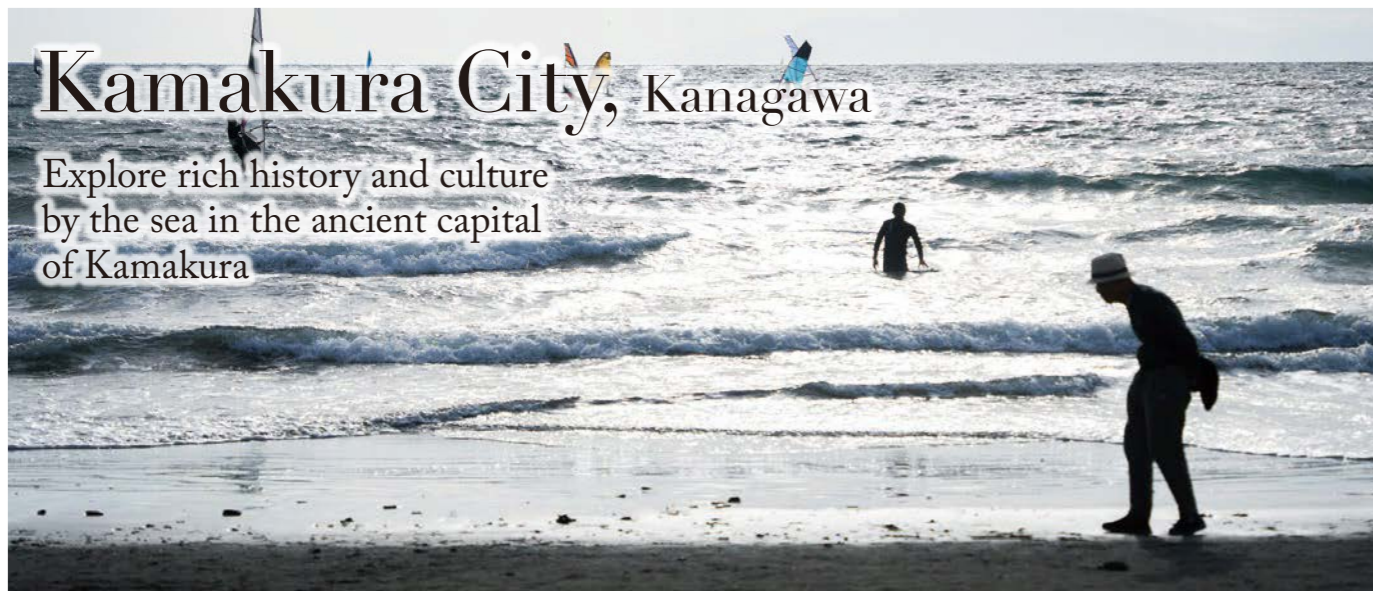
### Recommended Experience

## Rhine Cruise The Nagatoro River

Enjoy a traditional boat ride down the Arakawa River, where you'll marvel at the dynamic scenery of rugged rock faces and feel the meandering, undulating current as the boatmen skillfully steer with traditional poles. Choose from two courses, each approximately 3 km long and offering a memorable 15 to 20-minute journey.

Address: Nagatoro, Nagatoro-cho, Chichibu-gun, Saitama Prefecture  
Telephone Number: +81 (0)494-66-0950  
Telephone Languages: Japanese  
Access: 1-minute walk from Nagatoro Station  
Duration: 9:00 a.m.–4:00 p.m. \*Varies by season. Operation may be suspended due to rainfall, so please inquire.  
Fee: From ¥2,000 per person  
Website URL: <https://www.chichibu-railway.co.jp/en/nagatoro.html#topics1>  
Reservations: Apply at the store onsite; phone reservations not accepted





# Kamakura City, Kanagawa

Explore rich history and culture by the sea in the ancient capital of Kamakura

Located just one hour from Tokyo, the picturesque seaside town of Kamakura holds an important place in Japanese history as the seat of the first military government in Japan, the Kamakura shogunate. The area is renowned for its many historic temples and shrines, particularly the temple Kotoku-in, where the Great Buddha is located, and the grand Enoshima Shrine on the island of the same name. Surrounded by mountains on three sides and adjacent to Sagami Bay, the town is blessed with abundant nature and fertile lands, and Kamakura vegetables and fresh seafood adorn plates in restaurants throughout the town. Kamakura is one of the most popular tourist destinations in Japan, its scenic beauty an attraction in every season.

## Access

From Tokyo Station to Kamakura Station on the Yokosuka Line (1 hour)  
 From Yokohama Station to Kamakura Station on the Yokosuka Line (25 minutes)  
 From Haneda Airport to Yokohama Station on the Keikyu Airport Line and then to Kamakura Station on the Yokosuka Line (1 hour)  
 From Narita Airport to Ofuna Station on the Narita Express and then to Kamakura Station on the Yokosuka Line (2 hours)  
 From Kamakura Station to Koshigoe Station (22 minutes) or to Enoshima Station (26 minutes) on the Enoshima Electric Railway

## Contact

**Kamakura Agritourism Council**  
 URL (Japanese Only): <https://kamakura-nouhaku.com/> Telephone Number: +81 (0)3-6263-0423 Telephone Languages: Japanese Email: [info@braintrust-from-the-sun.co.jp](mailto:info@braintrust-from-the-sun.co.jp)

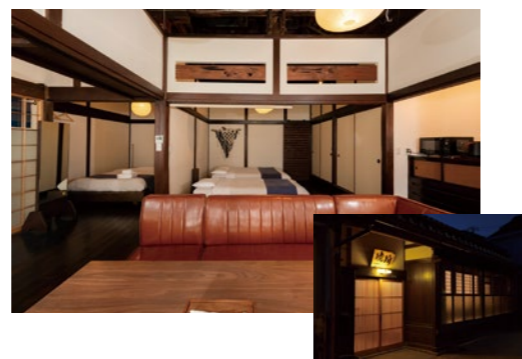


## Recommended Accommodation

### Amber/Jade

This vacation rental is a restored 100-year-old private residence. On the first floor is a spacious, modern Japanese-style space named Amber, with a luxurious jacuzzi and stunning views of the rugged coastline Zaimokuza. On the second floor is a compact one-bedroom unit named Jade, which can accommodate up to two people. Guests can enjoy surfing and other marine activities just a stone's throw away at Zaimokuza Beach.

**Address:** 6-4-4 Zaimokuza, Kamakura-shi, Kanagawa Prefecture  
**Telephone Number:** +81 (0)3-6263-0615 (Brain Trust from The Sun) Telephone Languages: Japanese, English, French  
**Access:** 22-minute walk from Kamakura Station  
**Check-in:** 3:00 p.m.–10:00 p.m. **Check-out:** 10:00 a.m.  
**Rates:** Amber—from ¥36,000 for two people with no meal; Jade—from ¥13,000 for two people with no meal  
**Website URL:** <https://www.treef-vacation-house.com/en>  
**Reservation Website URL:** <https://www.treef-vacation-house.com/en/kohaku-amber>

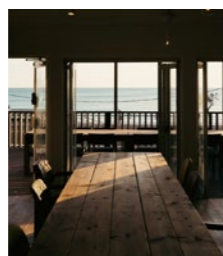


## Recommended Restaurant

### DROP IN

At this casual dining spot close to Zaimokuza Beach, visitors can have breakfast, lunch, or some freshly picked fruit while gazing out over the beautiful ocean. The most popular lunch is the “Share Sandwich Course,” which includes a sandwich, salad, and dessert. There is also a wide selection of alcoholic beverages, perfect for a relaxing drink while enjoying the sunset.

**Address:** 6-4-24 Zaimokuza, Kamakura-shi, Kanagawa Prefecture  
**Telephone Number:** +81 (0)467-91-7836  
**Telephone Languages:** Japanese, English  
**Access:** From JR Kamakura Station, take the Keihin Kyuko bus bound for Zushi/Hayama Station to the Zaimokuza bus stop (7 minutes) and then walk for 1 minute.  
**Opening Hours:** 8:00 a.m.–4:00 p.m. (6:00 p.m. on Saturdays, Sundays, and holidays) **Closed:** No holidays  
**Website URL (Japanese Only):** <https://plust-drop.com/>

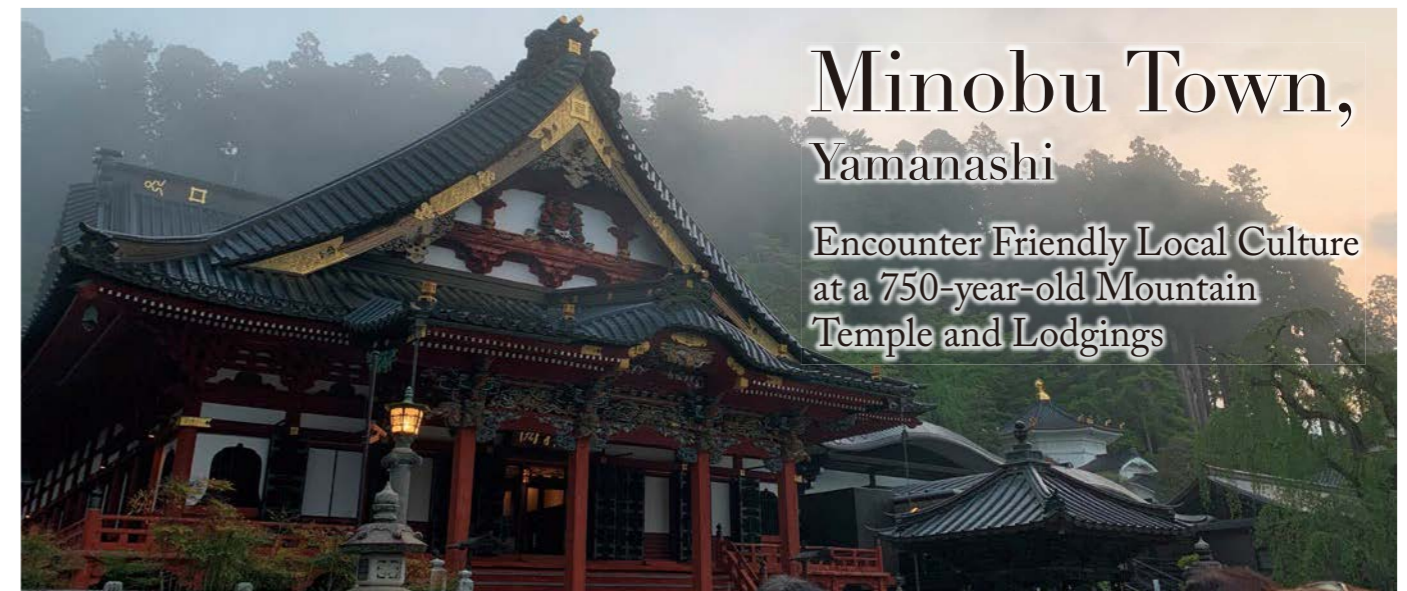


## Recommended Experience

### SURFING & STAND-UP PADDLEBOARD (SUP) LESSON

This invigorating trial lesson is conducted by a local surf shop. Private lessons for up to four people are available for all skill levels, from complete beginner to advanced surfer. Surfboards and wet suits can be rented.

**Meeting Place:** Varies by day  
**Telephone Number:** +81 (0)90-1702-7302  
**Telephone Languages:** Japanese, English, French  
**Access:** Varies by day  
**Duration:** 2 to 3 hours (includes a 1-to-1.5-hour lesson)  
**Fee:** 1 lesson at ¥8,000  
**Website URL:** <https://www.t-reef.com/>  
**Reservations:** Phone or DM on Instagram (@t\_reef.surfboard) for reservations



# Minobu Town, Yamanashi

Encounter Friendly Local Culture at a 750-year-old Mountain Temple and Lodgings

Nestled in the southern part of Yamanashi Prefecture, Minobu Town is a sacred haven in the mountains, rich with spiritual significance and natural beauty. At its heart lies Minobu-san Kuon-ji Temple, the head temple of the Nichiren sect of Buddhism, a revered site that draws pilgrims and visitors alike. The town is also home to numerous picturesque temples that lie dotted across the hillside. There are about 30 temple lodgings in the area, providing travelers with an array of exquisite services, including participating in traditional festivals, donning kimonos, and savoring Buddhist vegetarian cuisine. These temple lodgings are more than just a place to stay—they offer a gateway to experiencing the quintessential Japanese mountain lifestyle. Visitors to the town can immerse themselves in local traditions by cooking with fresh and local vegetables and learning time-honored crafts from skilled artisans.

## Access

From Tokyo Station to Atami Station by JR Tokaido Shinkansen, then transfer to the JR Tokaido Main Line to Fuji Station, then transfer to the JR Minobu Line to Minobu Station (3 hours)  
 From Shinjuku Station to Kofu Station on the JR Chuo Line (limited express Azusa/Kaiji), then transfer to the JR Minobu Line to Minobu Station (2 hours and 30 minutes–3 hours)  
 From the Shinjuku Expressway Bus Terminal (Busta Shinjuku) at Shinjuku Station, take Keio Bus or Yamanashi Kotsu Highway Bus from Shinjuku to Minami-Alps City on the Minobu Line (4 hours)  
 From Haneda Airport to Minobu Station by car (3 hours)

## Contact

**Minobu Farm Stay Regional Association**  
**Telephone Number:** +81 (0)556-62-0014 Telephone Languages: Japanese, English  
**URL:** <https://minobunavi.jp/en/about-minobu-english/> Email: [info@minobunavi.jp](mailto:info@minobunavi.jp) Email Languages: Japanese, English



## Recommended Accommodation

### Shukubo Gyogakuin Kakurinbo

Immerse yourself in the rich history of this temple with a legacy spanning 550 years. This venerable sanctuary offers 20 traditional guest rooms, where sliding doors create an authentic and serene atmosphere. Guests can engage in a variety of experiences and activities, such as joining local festivals, trying on a kimono, and yoga. Each evening, enjoy a ‘Yuba Gozen’ dinner, featuring a variety of dishes prepared with dried tofu skin, a regional specialty. With an advance reservation, guests can also enjoy a leisurely lunch while taking in the tranquil view of the temple garden.

**Address:** 3510 Minobu, Minobu-cho, Minamikoma-gun, Yamanashi Prefecture  
**Telephone Number:** +81 (0)556-62-0014 Telephone Languages: Japanese, English  
**Access:** 15-minute drive from JR Minobu Station **Check-in:** 3:00 p.m.–7:00 p.m. **Check-out:** 11:00 a.m.  
**Rates:** From ¥15,000 for 2 days and 1 night with 2 meals. Festival experience ¥1,000, yuba making experience ¥2,000, trying on a kimono ¥500, morning yoga ¥2,000 (reservations required for each experience)  
**Website URL:** <https://kakurinbo.jp/english/> Reservation Website URL: <https://kakurinbo.jp/english/>



## Recommended Restaurant

### Farm Cafe Zencho

Nestled in the garden of the vacation rental ‘Ebisuya,’ this charming cafe occupies a renovated building that once served as a rest stop for staff. The cafe offers a delightful menu featuring pasta made with Yamanashi’s specialty *boutou* flat wheat noodles and spicy curry bursting with local vegetables. To complement your meal, enjoy a refreshing ‘Sumo Cider’ made from whole plums grown in Minami-Alps City.

**Address:** 3955 Minobu, Minobu-cho, Minamikoma-gun, Yamanashi Prefecture  
**Telephone Number:** +81 (0)556-64-8081  
**Telephone Languages:** Japanese  
**Access:** 7-minute drive from JR Minobu Station  
**Opening Hours:** 10:00 a.m.–5:00 p.m. **Closed:** No holidays  
**Website URL:** <https://minobu-ebisuya.jp/english/>



## Recommended Experience

### Amehatasuzuri Inkstone Carving

Amehatasuzuri inkstone carving, a traditional craft that has been handed down for over 330 years, is registered as an Intangible Cultural Asset of Yamanashi Prefecture. This intricate art form involves carving black slate ‘Amehata’ stones, mined in the upper reaches of the Amehata River, into ornate inkstones used in traditional calligraphy to produce ink. Visitors can witness the exquisite work of master craftsman, Amemiya Minekishi, who will guide you through the carving process.

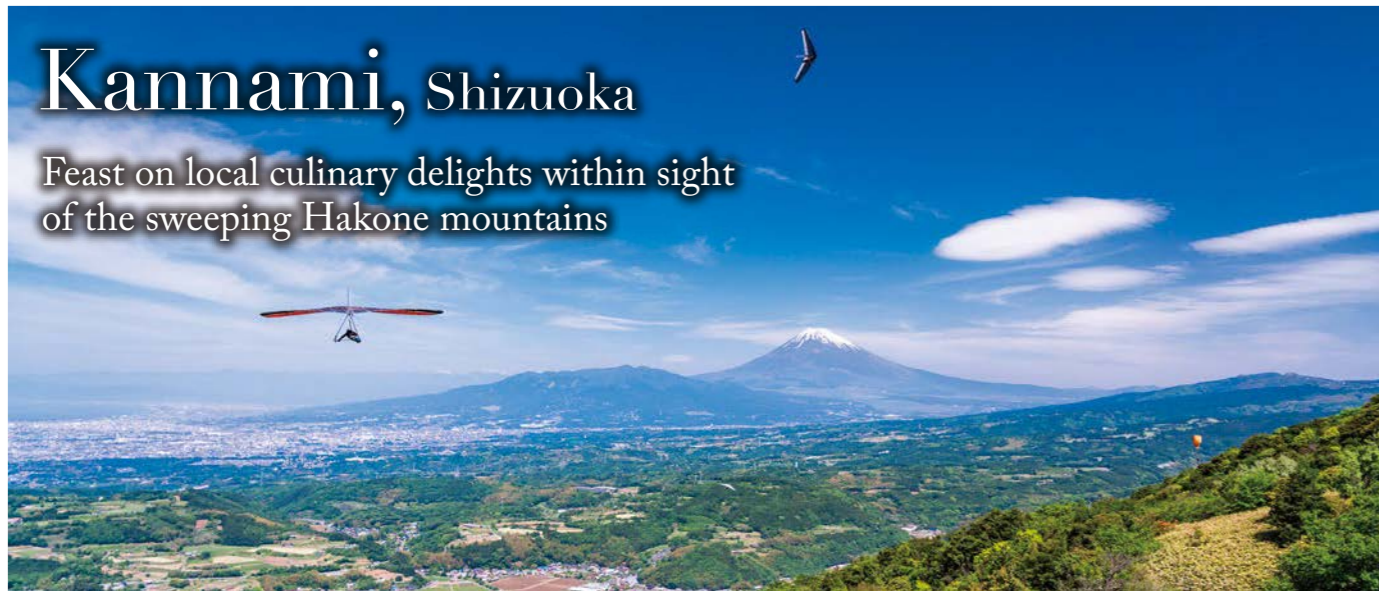
**Meeting place:** 3510 Minobu, Minobu-cho, Minamikoma-gun, Yamanashi Prefecture (Gyogakuin Kakurinbo) **Telephone Number:** +81 (0)556-62-0014 (Shukubo Gyogakuin Kakurinbo)  
**Telephone Languages:** Japanese **Access:** 15-minute drive from JR Minobu Station  
**Duration:** 3 hours **Fee:** ¥16,000 (includes return taxi service from Gyogakuin Kakurinbo)  
**Website URL (Japanese Only):** <https://houkendo.base.shop/>  
**Reservations:** Reservations required, call Gyogakuin Kakurinbo or email [minobu@kakurinshoja.com](mailto:minobu@kakurinshoja.com)





# Kannami, Shizuoka

Feast on local culinary delights within sight of the sweeping Hakone mountains



Located just south of the Hakone mountains, Kannami is an idyllic Japanese town blessed with nature that abounds in lush greenery. The town offers visitors stunning views of Mount Fuji from the Jukkoku-toge Pass and plenty of enriching leisure activities within its lovely natural surroundings. Try your hand at harvesting vegetables and milking cows, and browse delicious local produce, such as fresh Kannami watermelon, juicy tomatoes, and Tanna milk—a favorite in Japanese school lunches. Popular tourist destinations, such as Atami and Hakone, are nearby and readily accessible.

## Access

From Tokyo Station to Atami or Mishima Station on the JR Tokaido Shinkansen (45–50 minutes)  
From Atami or Mishima Station to Kannami Station on the JR Tokaido Main Line (4–7 minutes)  
From Mishima Station to Izu-Nitta Station on the Izu Hakone Railway Sunzu Line (14 minutes)  
From Atami or Mishima Station to Kannami Town by bus or taxi (about 20–30 minutes)



## Recommended Accommodation

### THE GLAMPING Hakone Jukkoku-toge

This glamping facility at the Hakone Jukkoku-toge Pass affords a panoramic view of Mount Fuji, Suruga Bay, and Sagami Bay in daytime and the amazing sight of a star-filled sky at night. Each comfortable trailer accommodation includes cozy rooms and a private bath and toilet. The barbecue dinner of carefully selected local ingredients is a popular feature.

**Address:** 1400-20 Kuwahara, Kannami, Tagata-gun, Shizuoka Prefecture

**Telephone Number:** +81 (0)557-48-7891

**Access:** From JR Atami Station, take the Izu Hakone Bus bound for Motohakone to the Jukkoku-toge Noboriguchi bus stop (40 minutes). Board the cable car to Jukkoku-toge Summit station. The glamping ground is a five-minute walk from the cable-car station.

**Check-in:** 2:00 p.m.–5:00 p.m. (varies by room type) **Check-out:** 8:40 a.m.–11:00 a.m.

**Rates:** ¥13,000 per person per night, including two meals

**Website URL (Japanese only):** <https://www.jukkoku-cable.jp/glamping/>

**Reservation Website URL (Japanese only):** <https://booking.pica-resort.jp/v3/calendar/stay/11>



## Recommended Restaurant

### Izu Wasabi Museum

See, taste, and learn everything to do with wasabi, a famed specialty of the Izu region. Visitors can purchase wasabi pickles, observe the indoor cultivation of wasabi, and enjoy a delicious meal. The Wasabi Shokudo Restaurant offers original dishes like wasabi *danburi* (rice bowl), perfect for experiencing the true taste of the famously pungent wasabi.

**Address:** 894-1 Tsukamoto, Kannami, Tagata-gun, Shizuoka Prefecture

**Telephone Number:** +81 (0)55-970-0983

**Telephone Languages:** Japanese and English (with machine translation)

**Access:** 20-minute drive from Mishima Station (on the JR and Izu Hakone Railway Lines)

**Opening Hours:** 10:00 a.m.–4:00 p.m. (5:00 p.m. on Saturdays, Sundays, and holidays). Wasabi Shokudo Restaurant is open on weekdays 11:30 a.m.–1:30 p.m. and on weekends and holidays 11:00 a.m.–2:30 p.m.

**Closed:** No holidays

**Website URL (Japanese only):** <https://www.yamamotofoods.co.jp/tourism/mishima>



## Recommended Experience

### Seasonal Vegetable Harvest Experience

Oratche offers a variety of hands-on experiences at its spacious dairy farm. Visitors can pick fresh seasonal vegetables to take home or enjoy at a barbecue onsite (reservations required at least two days in advance).

**Address:** 349-1 Tanna, Kannami, Tagata-gun, Shizuoka Prefecture

**Telephone Number:** +81 (0)55-974-4192 (Dairy Kingdom Oratche)

**Telephone Languages:** Japanese and English (with machine translation)

**Access:** 20-minute drive from JR Kannami Station or JR Atami Station

**Opening Hours:** Weekdays 10:00 a.m.–4:00 p.m.; weekends and holidays 9:00 a.m.–5:00 p.m.; restaurant 11:00 a.m.–3:00 p.m. (only on weekends and holidays)

**Closed:** Wednesdays

**Duration:** 30 minutes

**Fee:** ¥800

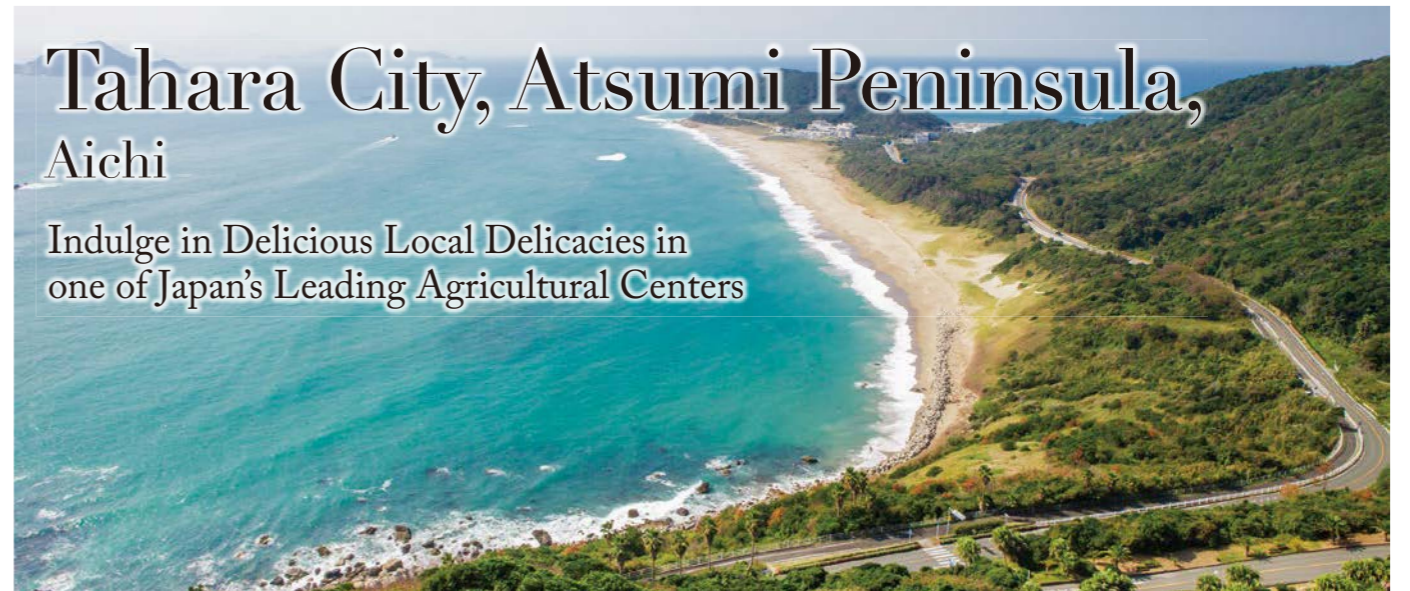
**Website URL (Japanese only):** <https://oratche.com/activity/>

**Reservations:** Purchase tickets at least 15 minutes before the start time on weekends and holidays. On weekdays, pay in cash at the Flower Greenhouse (same-day registration accepted, cash only).



# Tahara City, Atsumi Peninsula, Aichi

Indulge in Delicious Local Delicacies in one of Japan's Leading Agricultural Centers



Nestled on the Atsumi Peninsula at the southern tip of Aichi Prefecture is the picturesque city of Tahara. This charming rural town is framed by a stunning 100-kilometer-long coastline, with Mikawa Bay on one side and the vast Pacific Ocean on the other. Known for its breathtaking natural beauty, Tahara is celebrated as Japan's largest producer of flowers. Culinary enthusiasts will enjoy local delicacies, including famous local beef brands such as Irigo Black Beef and Tahara Beef, as well as an array of fresh seafood. Visitors can immerse themselves in the local culture through various hands-on activities, such as harvesting seasonal fruits and vegetables. In addition, the recently discovered Irigo Onsen hot springs offer the perfect retreat for relaxation and rejuvenation.

## Access

From Tokyo Station to Toyohashi Station by JR Tokaido Shinkansen, then walk 4 minutes to transfer to the Toyohashi

Railroad Atsumi Line and take the train from Shin-Toyohashi Station to Mikawa-Tahara Station (2 hours and 50 minutes)

From Nagoya Station to Toyohashi Station by Tokaido Shinkansen, then walk 4 minutes to transfer to the Toyohashi

Railroad Atsumi Line and take the train from Shin-Toyohashi Station to Mikawa-Tahara Station (1 hour and 10 to 30 minutes)

From Osaka area to Tahara City by car (using the Ise-Wan Ferry) (4 hours and 30 minutes)

From Chubu International Airport to Toyohashi Station by Meitetsu Limited Express, then walk 4 minutes to

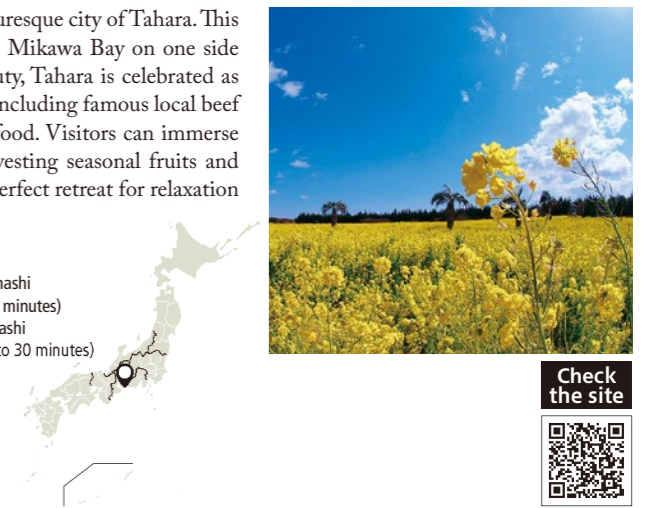
transfer to the Toyohashi Railroad Atsumi Line and take the train from Shin-Toyohashi Station to

Mikawa-Tahara Station (2 hours and 10 minutes)

## Contact

**Tahara City Farmstay Promotion Council**

**Telephone Number:** +81 (0)531-23-2525 **Telephone Languages:** Japanese **URL:** <https://www.taharatrip.com> **Email:** [info@tahara-michinoeki.com](mailto:info@tahara-michinoeki.com) **Email Languages:** Japanese, English



## Recommended Accommodation

### Kakujoro

Established in 1926, Kakujoro is a quintessentially Japanese inn located on the beautiful Atsumi Peninsula. Guests can choose to stay in either the traditional wing or a new modern wing featuring rooms with private open-air baths. The inn's delectable cuisine consists of a 'kaiseki' course meal showcasing fresh local seasonal seafood or a 'fugu kaiseki' course meal starring wild tiger pufferfish, a winter specialty. Guests can also enjoy nearby Irigo Onsen – a hot spring newly discovered in 2020.

**Address:** 38 Shimoji, Fukue-cho, Tahara-shi, Aichi Prefecture

**Telephone Number:** +81 (0)531-32-1155 **Telephone Languages:** Japanese, English, Vietnamese

**Access:** 30-minute drive from Toyohashi Railroad Mikawa-Tahara Station (pick-up service available)

**Check-in:** 3:00 p.m. **Check-out:** 11:00 a.m. **Rates:** From ¥25,700 per person per night with two meals

**Website URL:** <https://www.kakujoro.com/english> **Reservation Website URL:** <https://reserve.489ban.net/client/kakujourou/4/plan>



## Recommended Restaurant

### Tamagawa

Housed on the premises of a historic inn established in 1918, this dining spot is renowned for its dishes featuring seafood freshly caught in the surrounding seas, with popular choices including flavorful fried clams served as a set meal. Another highlight is the lightly grilled eel rice bowl, in addition to a variety of quintessentially Japanese fried and boiled set meals.

**Address:** 22-1 Nakakonyazeko, Fukue-cho, Tahara-shi, Aichi Prefecture

**Telephone Number:** +81 (0)531-32-0234 (TAMAGAWA RYOKAN) **Telephone Languages:** Japanese, English

**Access:** 30 minutes by car from Toyohashi Railroad Mikawa-Tahara Station

**Opening Hours:** 11:00 a.m.–2:30 p.m. (last order at 2:00 p.m.), 5:00 p.m.–9:30 p.m. (last order at 8:30 p.m.)

**Closed:** Wednesday lunchtimes and New Year's Day

**Website URL (Japanese Only):** <https://www.atsumi-tamagawa.co.jp/restaurant/>

**Reservation Website URL (Japanese Only):** <https://reserve.489ban.net/client/tamagawa-a/0/plan/daytrip>



## Recommended Experience

### Magical Illuminated Chrysanthemum Night Tour Led by a Flower Expert

Observe the illuminated chrysanthemums that light up the nights in the Atsumi Peninsula, Japan's largest flower production center. Visitors can enjoy entering greenhouses, which are usually off-limits to the public, under the guidance of a knowledgeable flower expert. Depending on the season, you can also try your hand at harvesting chrysanthemums or "chrysanthemum dyeing", where you can dye white chrysanthemums the color of your choice.

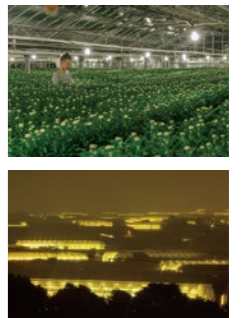
**Address:** 135 Nanbara, Horikiri-cho, Tahara-shi, Aichi Prefecture (directions confirmed at time of appointment)

**Telephone Number:** +81 (0)80-6945-0836

**Telephone Languages:** Japanese

**Access:** Approximately 35 minutes by car from Toyohashi Railroad Mikawa-Tahara Station (pick-up service available upon request) **Duration:** 1.5–2 hours **Fee:** ¥3,500 per person

**Website URL (Japanese Only):** <https://dennsyokiku.mystrkingly.com/>





# Taiki Town, Mie

Discover Taiki: A Picturesque Town  
Connecting Ise and Kumano

Surrounded by the dynamic sea and mountains of south-central Mie Prefecture, Taiki boasts a mild climate and incredible natural habitat. The town is renowned for its delectable offerings, including fresh fish from the Nishiki fishing port in the Sea of Kumano, Matsusaka beef raised in the pristine outdoors, and sweetfish from the crystal-clear Miyagawa River. Visitors can enjoy a variety of nature activities and explore fascinating historical sites along the World Heritage Site Kumano Kodo Iseji Route.

### Access

From Osaka Namba Station to Takihara Station on the Kintetsu Limited Express, JR Kisei Main Line, etc. (2 hours and 30 minutes)  
From Kintetsu Nagoya Station to Takihara Station on the Kintetsu Limited Express, JR Kisei Main Line, etc. (2 hours and 10 minutes)  
From Takihara Station to Aso Station (4 minutes), Ise-Kashiwazaki Station (11 minutes), Kawazoe Station (13 minutes), Ochiyama Station (25 minutes), or Taki Station (36 minutes) on the JR Kisei Main Line  
From Nagoya (Meitetsu Bus Center) to Takiharanomiya-mae by Mie Kotsu Highway Bus (1 hour and 30 minutes)



### Contact

**Taiki Town Tourism Association**  
Telephone Number: +81 (0)598-86-7077 Telephone Languages: Japanese, English URL: <https://en.taiki-okuisse.jp/> Email: [taikick@ma.mctv.ne.jp](mailto:taikick@ma.mctv.ne.jp) Email Languages: Japanese, English

### Recommended Accommodation

#### Minpaku Izuho

This rustic inn, set in untouched woodland along the historic Kumano Kaido highway, features traditional amenities, such as a sunken hearth hut and a round metal *Goemon* bath, allowing guests to get a taste of traditional Japanese life. The inn offers hands-on activities like harvesting home-grown pesticide-free vegetables, dressing in kimono, and cooking rice in a ceramic *kamado* pot. With a policy of accommodating only one group per day, guests are ensured a truly unique and special experience.

**Address:** 342-3 Ochiyama, Taiki-cho, Watarai-gun, Mie Prefecture  
**Telephone Number:** +81 (0)598-86-7077 (Taiki Town Tourism Association) Telephone Languages: Japanese, English  
**Access:** 25-minute walk from JR Ochiyama Station (shuttle service available)  
**Check-in:** From 3:00 p.m. **Check-out:** 10:00 a.m. **Rates:** From ¥11,000 per person per night with 2 meals  
**Website URL:** <https://en.taiki-okuisse.jp/stay/izuho/>  
**Reservation Website URL (Japanese only):** <https://reserva.be/iduhobooking>



### Recommended Restaurant

#### Cuisine Inn Kiseiso

This traditional Japanese inn, located along the historic Kumano Kaido highway, offers authentic *kaiseki* cuisine featuring local seasonal produce in a charming retro 19th-century building. Visitors can enjoy meals in a private room, with prices starting at ¥1,650 for a bento lunch and ¥3,300 for a *kaiseki* dinner. The restaurant is also a favorite among foreign tourists walking the Kumano Kodo trail.

**Address:** 276-1 Saki, Taiki-cho, Watarai-gun, Mie Prefecture  
**Telephone Number:** +81 (0)598-74-1133  
**Telephone Languages:** Japanese, English  
**Access:** 5-minute walk from JR Ise-Kashiwazaki Station  
**Opening Hours:** Confirm at the time of reservation (advance reservation required)  
**Closed:** No holidays  
**Website URL:** <https://en.taiki-okuisse.jp/stay/kiseisou/>



### Recommended Experience

#### Farm-to-Table Matsusaka Beef Sukiyaki at a Farmer's Inn

The town of Taiki is a key rearing area for Matsuzaka beef, a rare and highly prized variety of wagyu. At a welcoming farmer's inn in the area, visitors can enjoy making Matsusaka beef *sukiyaki* hot pot from scratch. To start, you will head out into the fields with the farmer to harvest fresh vegetables and mushrooms. Next, try your hand at chopping firewood to use to cook rice in a traditional ceramic *kamado* pot. Finally, savor the delicious fruits of your labor with the freshest and tastiest *sukiyaki* you've ever tasted! This fun dining experience uniquely combines agriculture and cooking.

**Address:** Varies by farmhouse  
**Telephone Number:** +81 (0)598-86-7077 (Taiki Town Tourism Association)  
**Telephone Languages:** Japanese, English **Access:** Varies by farmhouse  
**Duration:** Approximately 2 hours **Fee:** ¥12,000  
**Website URL:** [https://www.kankomie.or.jp/en/report/detail\\_31.html](https://www.kankomie.or.jp/en/report/detail_31.html)  
**Reservations:** Call or email [info@taiki-okuisse.jp](mailto:info@taiki-okuisse.jp) at least 3 days in advance



# Osatsu Town, Toba City, Mie

Experience Traditional Ama Culture in a Mystical Town of Divers and Fishermen

Located near the eastern tip of the Shima Peninsula, the town of Osatsu is home to the largest number of active ama divers in Japan. These female divers have been scouring the ocean for shellfish and seaweed in a tradition that has continued for over 2,000 years. Osatsu features many facilities that showcase the lives of the ama divers, including ama hut experiences where visitors can meet actual ama divers. Learn about the fascinating ama culture and enjoy fresh seafood in this historic town.

### Access

From Osaka Namba Station to Toba Station by Kintetsu Limited Express (2 hours)  
From Kintetsu Nagoya Station to Toba Station by Kintetsu Limited Express (1 hour and 40 minutes)

### Contact

**Osatsu Ama Culture Management Council**  
**Telephone Number:** +81 (0)59-272-1155 Telephone Languages: Japanese, English  
**URL:** <https://osatsu.org/en/>  
**Email:** [amatravel@osatsu.org](mailto:amatravel@osatsu.org) Email Languages: Japanese, English

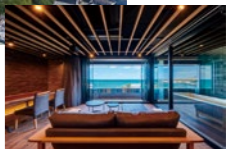


### Recommended Accommodation

#### Resort Hills Toyohama Sora-no-Kaze

A resort hotel located just a 1-minute walk from Chidorigahama, one of the finest beaches in Mie Prefecture. Guests can choose from 9 room types, all boasting ocean views, with some offering open-air baths. The Western-style rooms are also suitable for solo travelers. Indulge in *kaiseki* cuisine using local produce, including Matsusaka beef, Ise lobsters, abalone, and other premium ingredients. Additionally, guests can relax in a hot spring bath with a stunning view.

**Address:** 1471 Osatsu-cho, Toba-shi, Mie Prefecture  
**Telephone Number:** +81 (0)599-33-6000 Telephone Languages: Japanese, English  
**Access:** From Toba Bus Center (a 4-minute walk from JR/Kintetsu Toba Station) to Chidorigahama bus stop on the Toba City Community Bus (Kamome Bus) Toba-Kuzaki Line (50 minutes). Pick-up service available from JR/Kintetsu Toba Station and Chidorigahama.  
**Check-in:** 3:00 p.m. **Check-out:** 10:00 a.m.  
**Rates:** From ¥19,250 per person per night for 2 people with 2 meals  
**Website URL:** <https://www.toyohama.co.jp/en.html>  
**Reservation Website URL:** <https://www.japanican.com/hotel/japan/toba/resort-hills-toyohama-sora-no-kaze>



### Recommended Restaurant

#### Ama Hut Experience Osatsu-kamado

Ama huts line the seashores of Osatsu, a town known for its traditional ama divers. Among them are two notable huts: "Ozegosan" and "Mae-no-Hama," where freshly caught local seafood is grilled onsite by active ama divers. Enjoy the opportunity to meet and converse with these divers while delighting in a delicious meal. A hearty lunch option is also available for ¥3,850.

**Address:** Osatsu-cho, Toba-shi, Mie Prefecture  
**Telephone Number:** +81 (0)599-33-7453 (Osatsu Ama Culture Museum) Telephone Languages: Japanese  
**Access:** From Toba Bus Center (a 4-minute walk from JR/Kintetsu Toba Station) to Osatsu (Ishigami-san Mae) bus stop on the Toba City Community Bus (Kamome Bus) Toba-Kuzaki Line (45 minutes), then walk for 5 minutes for "Mae-no-Hama" or 8 minutes for "Ozegosan".  
**Opening Hours:** 10:00 a.m.–3:00 p.m. (Lunch: 11:30 a.m.–2:00 p.m.)  
**Closed:** No holidays  
**Website URL:** <https://osatsu.org/en/>  
**Reservation Website URL:** <https://osatsu.org/en/html/form.php>



### Recommended Experience

#### One-day Ama Diver Tour

Embark on a one-day tour that delves into the rich culture of the ama divers. The day begins with a hike and visits to temples associated with the fishing industry. Participants will then enjoy a visit to an ama hut in the Osatsu area, where they can enjoy a lunch featuring fresh seafood alongside an active ama diver. Following the meal, the tour continues to Mikimoto Pearl Island for a captivating demonstration of ama divers' fishing techniques.

**Meeting Place and End Point:** JR/Kintetsu Toba Station  
**Telephone Number:** +81 (0)599-33-7453 (Osatsu Ama Culture Museum)  
**Telephone Languages:** Japanese  
**Access:** JR/Kintetsu Toba Station  
**Duration:** 7 hours **Fee:** From ¥29,800  
**Website URL:** <https://osatsu.org/en/>  
**Reservation Website URL:** <https://widgets.bokun.io/online-sales/465c6a29-4bce-4744-9217-18779e3014ea/experience/709263?partialView=1>  
**Reservations:** At least 1 week in advance via the reservation website



# Misugi Town, Tsu City, Mie

Immerse Yourself in Local Culture and Connect with the Community in Serene Simplicity



The secluded town of Misugi is nestled in the westernmost mountainous area of Tsu City, bordering Nara Prefecture. Once a prosperous stop for pilgrims on route to Ise during the 16th to 18th centuries, the town now stands as one of Mie Prefecture's most sparsely populated areas. Immerse yourself in healing forests and the warm hospitality of the locals, which makes for a wholesome and relaxing getaway. Engage in hand-on activities to learn about the town's lifestyle and culture while interacting with its residents.

## Access

From Kintetsu Nagoya Station to Ise-Nakagawa Station on the Kintetsu Limited Express, then transfer to the Kintetsu Osaka Line to Sakakibara-Onsenguchi Station (1 hour and 15 minutes)  
From Osaka Namba Station to Sakakibara-Onsenguchi Station (1 hour and 15 minutes) or Nabari Station (1 hour) on the Kintetsu Limited Express  
From Kintetsu Nagoya Station to Matsusaka Station on the Kintetsu Limited Express, then transfer to the JR Meisho Line to Hitsu Station (2 hours and 30 minutes) or Ise-Okitsu Station (2 hours and 40 minutes)

## Contact

### Inaka Tourism

Telephone Number: +81 (0)59-272-1155 Telephone Languages: Japanese, English  
URL (Japanese only): <https://www.inaka-tourism.com/> Email: <https://www.inaka-tourism.com/contact/> (Inquiry form) Email Languages: Japanese, English



## Recommended Accommodation

### Uguisu-no-Yado

Experience staying in a 200-year-old private house-turned-vacation rental. The property epitomizes Inaka Tourism's concept of "people-centered travel," allowing guests to enjoy a stay where they can get to know the owner personally. Relax with a soak in the nearby hot spring, savor fresh fish from the local fish store, and indulge in venison dishes available from in the onsite kitchen car. The owner also arranges various experiences for guests to enjoy.

Address: 5049 Shimonogawa, Misugi-cho, Tsu-shi, Mie Prefecture  
Telephone Number: +81 (0)59-272-1155 (Misugi Resort) Telephone Languages: Japanese, English  
Access: Misugi Resort shuttle bus available from Kintetsu Sakakibara-Onsenguchi Station  
Check-in: 3:00 p.m. Check-out: 10:00 a.m. Rates: From ¥6,000 per night  
Website URL (Japanese only): <https://www.inaka-tourism.com/accommodation/>  
Reservation Website URL: [https://www.airbnb.co.uk/rooms/34353680?guests=1&adults=1&s=67&unique\\_share\\_id=9820560f-e041-420f-9748-10b7dad76919](https://www.airbnb.co.uk/rooms/34353680?guests=1&adults=1&s=67&unique_share_id=9820560f-e041-420f-9748-10b7dad76919)



## Recommended Restaurant

### Daikichi

Located on the banks of the Sakamoto River at the headwaters of the Kumozu River, this restaurant specializes in *amago* eel, a rare delicacy found only in the pristine river headwaters. Known as the "queen of river fish" for its exquisite flavor, *amago* eel is a prized ingredient in Japanese cuisine. Visitors to the area can enjoy fishing for *amago* eel and trout, and during summer, try hand-catching fish. Of course, you are free to cook and eat your catch onsite. For those preferring a curated dining experience, a course meal is available with an advance reservation.

Address: 2591 Kawakami, Misugi-cho, Tsu-shi, Mie Prefecture  
Telephone Number: +81 (0)59-274-0612  
Telephone Languages: Japanese  
Access: 25-minute drive from JR Ise-Okitsu Station  
Opening Hours: 9:00 a.m.–5:00 p.m.  
Closed: Mondays (open on national holidays)  
Website URL (Japanese only): <https://misugi.org/list/daikichi-amago-centor/>

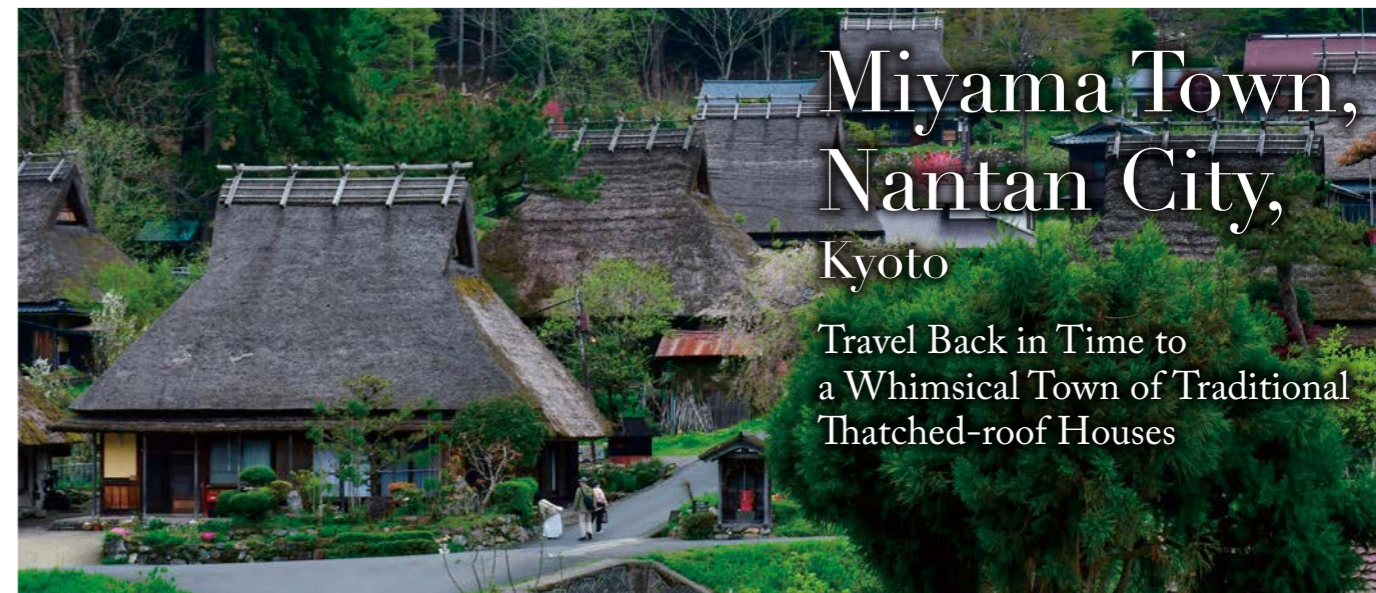


## Recommended Experience

### Forest Therapy

Misugi Town is renowned as the first established forest therapy base in the Tokai region, with forest therapists guiding participants in techniques to soothe and relax their minds and bodies amidst the healing forest. With a total of 12 courses available, experiences are said to be more effective when combined with a soak in one of the nearby hot springs. Discover the restorative power of the forest, known to boost the immune system and promote skin health.

Address: Meeting place: Misugi Resort Hotel ANNEX, 5990 Yachi, Misugi-cho, Tsu-shi, Mie Prefecture  
Telephone Number: +81 (0)59-272-1155 (Misugi Resort)  
Telephone Languages: Japanese, English  
Access: A 25-minute shuttle bus ride from Kintetsu Sakakibara-Onsenguchi Station  
Duration: 2–2.5 hours (including travel time)  
Fee: ¥9,680 for up to 3 persons; ¥4,840 per person for groups of 4 or more  
Website URL (Japanese only): <https://www.inaka-tourism.com/misugi-taikenseren/seirui/>  
Reservation Website URL (Japanese only): <https://www.inaka-tourism.com/contact/>  
Reservations: Inquire by phone or via the inquiry form on the official website



# Miyama Town, Nantan City, Kyoto

Travel Back in Time to a Whimsical Town of Traditional Thatched-roof Houses

Located just 50km north of Kyoto, Nantan City's Miyama Town is a stunning area of untouched woodland, teeming with diverse plant and animal life. Woven into this lush natural landscape lie traditional thatched-roof villages, each brimming with rich culture and folklore cultivated over centuries. Renowned for its year-round beauty, Miyama was recently selected as a United Nations World Tourism Organization (UNWTO) Best Tourism Village. Immerse yourself in the town's many charms and experience it like a local.

## Access

From Kyoto Station to Sonobe Station (36 minutes) or Hiyoshi Station (46 minutes) on JR San'in Main Line  
A seasonal direct bus service from Kyoto Station is also available (from Kyoto Station to Miyama Kayabuki-no-Sato via Keihan Kyoto Kotsu Kyoto Miyama Line, 2 hours and 40 minutes)

## Contact

### Kyoto Miyama Tourism Association

Telephone Number: +81 (0)771-75-1906 Telephone Languages: Japanese, English  
URL: <https://miyamanavi.com/en/>  
Email: [info@kyoto-miyama.jp](mailto:info@kyoto-miyama.jp) Email Languages: Japanese, English



## Recommended Accommodation

### Miyama Nature & Culture Village Kajikaso

Lodging facilities in Miyama Nature & Culture Village offer a unique experience in a picturesque landscape. Visitors in Miyama Nature & Culture Village offer a unique experience in a picturesque landscape. Visitors to the log house-style building, crafted from local cedar wood, is made all the more atmospheric when the lobby fireplace is lit in winter. Guests can relax in the large public bath, which features an open-air bath, allowing guests to experience a sense of oneness with nature. Accommodation includes the Japanese-style main building, a Western-style annex, and an annex for groups of 10 or more in the form of a relocated thatched-roof private house.

Address: 56 Naka-shimomukai, Miyama-cho, Nantan-shi, Kyoto Prefecture  
Telephone Number: +81 (0)771-77-0014 Telephone Languages: Japanese, English  
Access: From JR Hiyoshi Station, take the Nantan City Bus Miyama Sonobe Line or Gokaso Line to Chimiguchi (50 minutes), then walk for 8 minutes  
Check-in: 3:00 p.m.–7:00 p.m. Check-out: 10:00 a.m. Rates: From ¥13,200 per person per night with 2 meals  
Website URL: <https://miyama-kajika.com/?lng=en> Reservation Website URL (Japanese only): [https://www.yadoken.jp/plans?hotel\\_id=yk101557](https://www.yadoken.jp/plans?hotel_id=yk101557)



## Recommended Restaurant

### Ryokan Chinsenro

This traditional Japanese inn, established more than 110 years ago, is nestled in a classic Japanese landscape. Visitors, including those not staying onsite, are welcome to enjoy a delicious meal of seasonal dishes made with local mountain produce. The dishes are meticulously prepared without adding any unnecessary ingredients to enhance the original flavors of the produce. Visitors can enjoy traditional Japanese delicacies that have been passed down through the generations.

Address: 26 Nakakami-mae, Miyama-cho, Nantan-shi, Kyoto Prefecture  
Telephone Number: +81 (0)771-77-0003  
Telephone Languages: Japanese, English  
Access: From JR Sonobe Station, take the Nantan City Bus Miyama Sonobe Line or Gokaso Line to Chimiguchi (60 minutes), then walk for 1 minute  
Opening Hours: [Lunch] 11:30 a.m.–2:30 p.m. [Dinner] 5:00 p.m.–9:00 p.m.  
Closed: Irregular holidays Cuisine: Ryokan inn cuisine, local cuisine  
Foreign Language Menu: Available Accepted Credit Cards: VISA/Mastercard/AMEX/JCB  
Website URL: <https://miyamanavi.com/en/eat/cinsenrou>



## Recommended Experience

### Half-day Home Visit Experience at Kenji-san's House

Experience a 3-hour home visit to a traditional Japanese farmhouse. Enjoy a guided walk through the surrounding villages and try your hand at harvesting seasonal vegetables (during harvesting season only). After the walk, your guide will bring you back to the farmhouse for lunch. Together with Kenji-san, you will cook Japanese dishes, such as sushi rolls and inari sushi, and enjoy your meal around the scenic hearth.

Meeting Place: Kyoto Tamba Kogen Quasi-National Park Visitor Center, 23-1 Agake, Miyama-cho, Nantan-shi, Kyoto Prefecture  
Telephone Number: +81 (0)771-75-9030  
Telephone Languages: Japanese, English  
Access: From JR Hiyoshi Station, take the Nantan City Bus Miyama Sonobe Line to Miyama Clinic (45 minutes), then walk for 2 minutes Duration: 3 hours  
Fee: ¥26,400 for up to 4 people, ¥6,600 per person from the 5th person. Plus ¥10,000 for an English-speaking guide.  
Languages Supported: Japanese, English Accepted Credit Cards: VISA/Mastercard  
Website URL: <https://miyamanavi.com/en/activity/lifestyle-experience>  
Reservation Website URL: <https://miyamanavi.com/en/mailform/id=105>  
Reservations: Reserve at least 2 business days in advance using the reservation form





# Asuka Village, Nara

Explore beautiful woodlands and cultural heritage in an area untouched since ancient times

Asuka Village, located in the southeastern part of the Nara Basin, is a charming, traditional settlement in a lush forest landscape. The entire village is designated as a Special Preservation District for Historical Landscapes under an exception to the Ancient Capitals Preservation Law, more commonly known as the Asuka Law. Thanks to these protections, the village has maintained its beautiful scenery, which is often described as the “original landscape of Japan.” The region’s history is long and significant, including the Asuka period from the late 6th to the 7th century, when for the first time in Japan’s history a capital of the country was established, the title “emperor” was assumed, and the country name “Japan” was used. An idyllic rural village in a rare and untouched forest landscape, Asuka is also a treasure trove of incredible cultural finds, such as atmospheric palace ruins and an ancient burial mound.

### Access

From Osaka Abenobashi Station on the Kintetsu Limited Express to Kashiharajingu-mae Station, Asuka Station, or Tsubosakayama Station (40 minutes)  
From Kyoto Station on the Kintetsu Limited Express to Kashiharajingu-mae Station, Asuka Station, or Tsubosakayama Station (60 minutes)  
From Kintetsu Nara Station on the Kintetsu Limited Express to Kashiharajingu-mae Station, Asuka Station, or Tsubosakayama Station (60 minutes)

### Contact

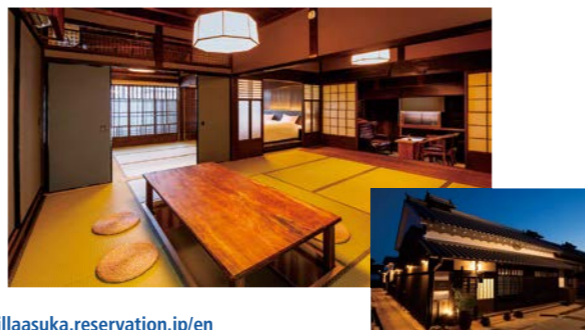
Asuka Village Commercial and Industrial Association  
URL: <https://asuka-taiken.jp/maruwakari-asuka-en/>  
Email: [info@kotomirai.sakura.ne.jp](mailto:info@kotomirai.sakura.ne.jp) Email Languages: Japanese, English

### Recommended Accommodation

## BRANCHERA VILLA ASUKA

A registered tangible cultural property, this inn occupies a 150-year-old private house. This low, two-story *machiya*-style house has been comfortably furnished with modern equipment and convenient amenities, yet it retains its traditional appearance. There are two distinctive guest rooms, Akane-no-Ma and Yamabuki-no-Ma, each with its own private garden.

Address: 660 Asuka Village, Takaichi-gun, Nara Prefecture  
Telephone Number: +81 (0)6-6203-2565 Telephone Languages: Japanese  
Access: 9 minutes by bus from Kintetsu Kashiharajingu-mae Station to Asuka Station, then 5-minute walk from Asuka Station bus stop  
Check-in: 3:00 p.m.–6:00 p.m. (dinner-plan guests: until 10:00 p.m.) Check-out: 11:00 a.m.  
Rates: From ¥59,700 per night with two meals for two people each  
Website URL: <https://www.haseko-stay.jp/english/> Reservation Website URL: <https://go-brancheravillaasuka.reservation.jp/en>



### Recommended Restaurant

## Cafe Kotodama

This rustic café was renovated from a former sake brewery built 200 years ago. For lunch, enjoy flavorful dishes that include fresh vegetables and ingredients purchased by the chef each morning, and at teatime, tuck into seasonal sweets and drinks. This is the most popular restaurant in the village, known for its relaxed atmosphere.

Instagram: [cafe.kotodama](https://www.instagram.com/cafe.kotodama)  
Address: 1223 Oka, Asuka Village, Takaichi-gun, Nara Prefecture  
Telephone Number: +81 (0)744-54-4010  
Telephone Languages: Japanese  
Access: From Kintetsu Asuka Station or Kashiharajingu-mae Station, take the Asuka Tour Bus (Kame Bus) and get off at Shimanosho or Okadera-mae bus stop (15–20 minutes). The restaurant is right by the bus stop.  
Opening Hours: 10:00 a.m.–4:30 p.m. (5:00 p.m. on Saturdays, Sundays and national holidays)  
Closed: Tuesdays and the 3rd Wednesday of the month (please inquire if the day falls on a national holiday)  
Reservation Website URL (Japanese Only): <https://www.cafe-kotodama.com/>

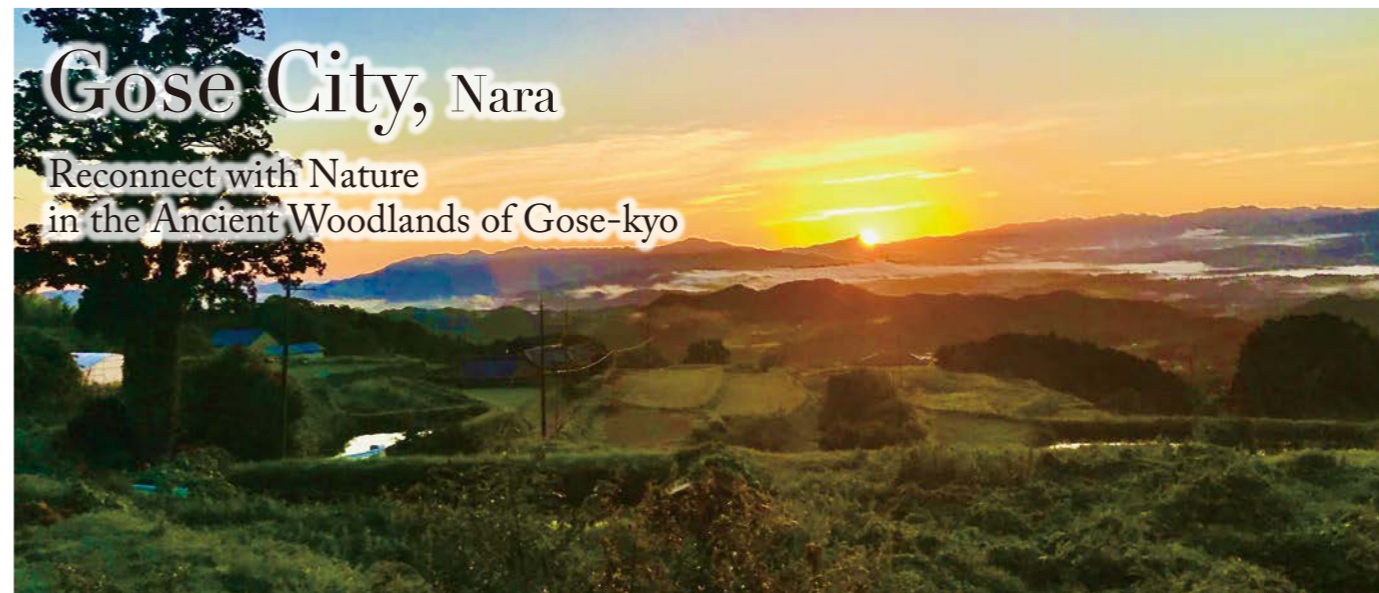


### Recommended Experience

## Soy sauce brewery tour and making your own soy sauce

Tokuboshi Soy Sauce Factory is the only soy sauce brewery in the village with over 100 years of history. After seeing the 100-year-old cedar barrels and learning about soy sauce production, visitors will have the opportunity to make their own soy sauce, which they will then use on the delicious *mitarashi* dumplings that they will make themselves. Those who choose the dinner plan can also enjoy a special Italian dinner using Tokuboshi soy sauce.

Meeting Place: 7 Oka, Asuka Village, Takaichi-gun, Nara Prefecture (Asuka Stand)  
Telephone Number: +81 (0)744-54-2068 (Asuka Village commercial and industrial Association)  
Telephone Languages: Japanese and English Access: From Kintetsu Asuka Station or Kashiharajingu-mae Station, take Asuka Tour Bus (Kame Bus) and get off at Oka-hashimoto or Okadera-mae bus stop (15–20 minutes). The meeting place is a one-minute walk from either bus stop. Duration: 3 hours (about 5 hours and 30 minutes with dinner) Fee: ¥12,000 for soy sauce brewery tour and making your own soy sauce (with *mitarashi* dumplings); ¥33,000 with dinner  
Website URL: <https://asuka-taiken.jp/experience007-2-en/>  
Reservation Website URL: <https://asuka-taiken.jp/experience007-2-en/>  
Reservations: Can be made on the “Details, Availability, and Reservations” page of the website.



# Gose City, Nara

Reconnect with Nature in the Ancient Woodlands of Gose-kyo

Located in the southwestern part of the Yamato Plain in Nara Prefecture, Gose City is a natural paradise known as one of Japan’s best-preserved ancient areas. The region boasts majestic landscapes, historic shrines, ancient burial mounds, and spiritual power spots. Visitors to this region can enjoy a variety of activities, such as visiting an old soy sauce brewery, cooking with traditional Yamato vegetables, climbing the ascetic Japanese mountains of Mount Kongo and Mount Katsuragi, and e-biking along the ancient Katsuragi Kodo road.

### Access

From Osaka Abenobashi Station to Kashiharajingu-mae Station on the Kintetsu Limited Express, etc. (35 minutes)  
From Osaka Abenobashi Station to Shakudo Station on the Kintetsu Limited Express, etc., then transfer to the Kintetsu-Gose Line to Kintetsu-Gose Station (40 minutes)  
From Osaka Abenobashi Station to Ichio Station on the Kintetsu Limited Express, etc. (1 hour)  
From Kyoto Station to Kashiharajingu-mae Station by Kintetsu Limited express, etc. (1 hour)

### Contact

Eco Resort Gose-kyo  
URL (Japanese Only): <https://gose.farm/>  
Email: <https://gose.farm/contact/> Email Languages: Japanese

### Recommended Accommodation

## Cafe & Guesthouse Omoya-Morimoto

This cafe and guesthouse, built in a 120-year-old old farmhouse at the foot of Mount Kongo, offers a unique and rustic experience. Guests can dine on dishes made with local produce and enjoy harvesting and cooking vegetables from the fields. With a breathtaking view and a policy of hosting only one group per day, this traditional farmhouse makes for the perfect private getaway.

Address: 994 Nishisabi, Gose-shi, Nara Prefecture  
Telephone Number: +81 (0)90-6609-7518 Telephone Languages: Japanese  
Access: 15 minutes by car from Kintetsu-Gose Station (shuttle service available)  
Check-in: From 4:00 p.m. Check-out: 10:00 a.m.  
Rates: From ¥10,000 per night with 2 meals, from ¥7,000 per night without meals  
Website URL (Japanese Only): <https://www.omoya-morimoto.jp/>



### Recommended Restaurant

## BYAKU-UN-AN

Dine on creative cuisine at the foot of Mount Katsuragi while enjoying a panoramic view of the Nara Basin. Sample dishes made with seasonal local ingredients, such as traditional Yamato vegetables, western vegetables, and herbs from the restaurant’s own garden. Enjoy a relaxing meal while gazing at the scenic Yamato Sanzan, or “the three mountains of Yamato,” from this scenic spot on the ancient Katsuragi Kodo road. Reservations required.

Address: 2440-7 Kujira, Gose-shi, Nara Prefecture  
Telephone Number: +81 (0)50-3150-8551  
Telephone Languages: Japanese  
Access: From Kintetsu-Gose Station, take the Nara Kotsu Bus bound for Katsuragi Ropeway-mae to Sarumebashi, then walk for 10 minutes. Or 5 minutes by car from Kintetsu-Gose Station.  
Opening Hours: 11:30 a.m.–3:00 p.m. (last order at 2:00 p.m.), 6:00 p.m.–9:30 p.m. (last order at 8:30 p.m.) Closed: Monday, occasional Tuesdays  
Website URL (Japanese Only): <https://byaku-un-an.rest/>  
Reservation Website URL (Japanese Only): <https://www.tablecheck.com/shops/byaku-un-an/reserve>

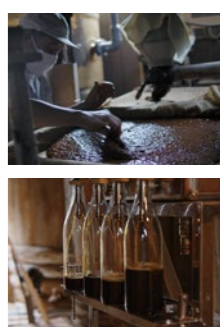


### Recommended Experience

## Soy Sauce Brewery Tour

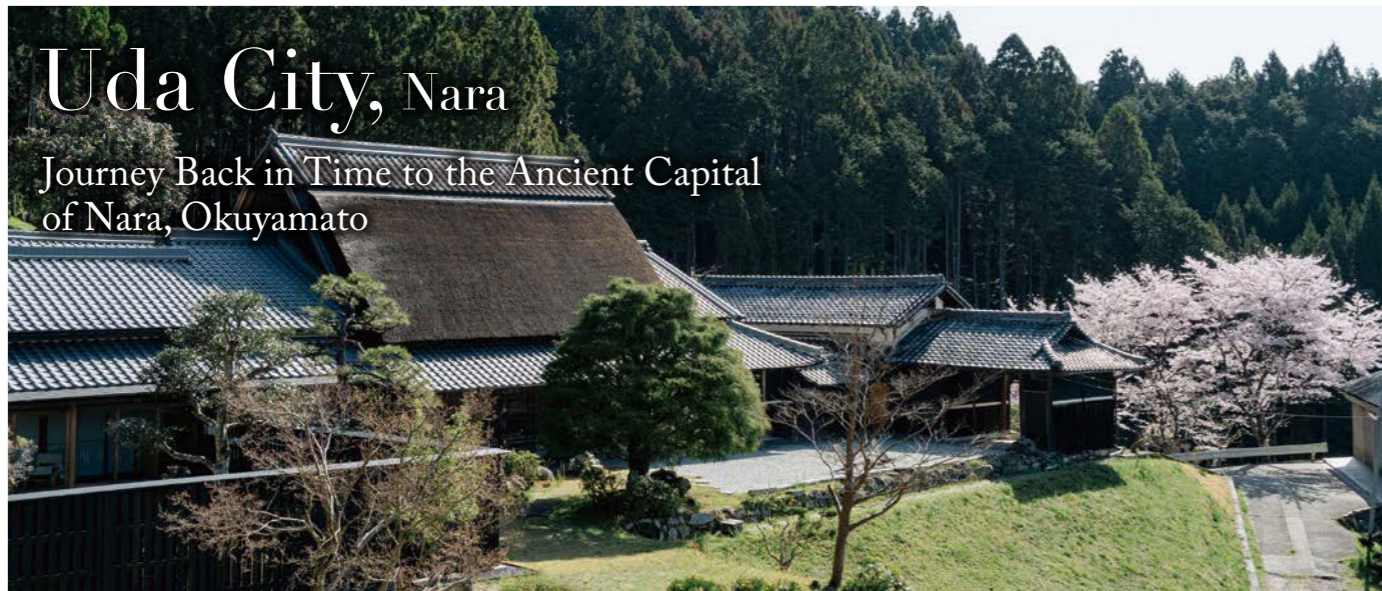
Visit Katakami Soy Sauce, a small soy sauce brewery located in a quiet village at the foot of the mountains. Visitors can observe the slow brewing of Nara-grown soybeans in cherished cedar vats and learn about the traditional soy sauce making process by tasting, mixing, and bottling their own soy sauce.

Address: 329 Moriwaki, Gose-shi, Nara Prefecture  
Telephone Number: +81 (0)745-66-0033  
Telephone Languages: Japanese  
Access: 10-minute drive from Kintetsu-Gose Station  
Duration: 30 minutes to 1 hour (time varies depending on the number of people)  
Fee: ¥5,000  
Website URL (Japanese Only): <http://www.asm.ne.jp/~soy/>  
Reservation Website URL (Japanese Only): <http://www.asm.ne.jp/~soy/wwwmail.htm>  
Reservations: Reserve in advance via the above website



# Uda City, Nara

Journey Back in Time to the Ancient Capital of Nara, Okuyamato



Uda City, located in northeastern Nara Prefecture on a verdant plateau, is a historic town in the midst of a lush rural landscape. With its name appearing in the Kojiki, which is a record of ancient matters and other important historical accounts, Uda along with other Nara towns is grouped together as Okuyamato, a region associated with the birthplace of Japanese culture. Its rich culture and customs have been nurtured for more than 1,300 years.

## Access

From Osaka-Namba Station to Haibara Station on the Kintetsu Limited Express (45 minutes)  
 From Kyoto Station to Haibara Station on the Kintetsu Limited Express (1 hour and 30 minutes)  
 From Kintetsu-Nagoya Station to Haibara Station on the Kintetsu Limited Express (1 hour and 40 minutes)



Check the site



## Recommended Accommodation

### Uda Medicinal Bath Inn, Yatakiya

This beautiful inn, a renovated 300-year-old private residence, stands on a plateau 400 meters above sea level. While it retains the character and atmosphere of the original building, the inn comes fully equipped with modern amenities. Relax in the nostalgic ambience and pure comfort of this traditional Japanese house. Guests can enjoy Italian cuisine that is creatively and skillfully prepared by a Tokyo-trained chef, and they can take peaceful walks in the woodlands surrounding the inn.

**Address:** 1835 Haibarayataki, Uda-shi, Nara Prefecture  
**Telephone Number:** +81 (0)745-85-3650 **Telephone Languages:** Japanese and English  
**Access:** 15 minutes by car from Haibara Station, Kintetsu line  
**Check-in:** 3:30 p.m.–5:00 p.m. **Check-out:** 10:00 a.m.  
**Rates:** From ¥63,800 per room per night for two people with two meals each  
**Website URL:** <https://yatakiya.jp/news/516>  
**Reservation Website URL:** <https://yatakiya.booking.chillnn.com/>



## Recommended Restaurant

### Uda Medicinal Bath Inn, Yatakiya

This charming restaurant uses carefully selected ingredients, including organic vegetables grown on the inn's own farm. The skilled Tokyo-trained chef crafts Italian cuisine for a delicious course menu. The Japanese tableware contrasts beautifully with the colorful food, which is paired with quality local wines.

**Address:** 1835 Haibarayataki, Uda-shi, Nara Prefecture  
**Telephone Number:** +81 (0)745-85-3650  
**Telephone Languages:** Japanese and English  
**Access:** 15 minutes by car from Haibara Station, Kintetsu line  
**Opening Hours:** 11:30 a.m.–2:30 p.m.  
**Closed:** Mondays, Wednesdays, Thursdays, Fridays  
**Website URL (Japanese Only):** <https://yatakiya.jp/dining/>



## Recommended Experience

### Kantenbouki Tour

This free tour is exclusively for guests of the Uda Medicinal Bath Inn, Yatakiya. Kantenbouki is an ancient Japanese practice where the weather and landscape is contemplated, not to divine the future, but to make better decisions in the here and now. Stroll with a guide through the tranquil landscape and connect deeply with the spirit of ancient Japan. Learn how to interact with nature using all five senses, and gain new awareness of your body and health.

**Address:** 1835 Haibarayataki, Uda-shi, Nara Prefecture (Uda Medicinal Bath Inn, Yatakiya)  
**Telephone Number:** +81 (0)745-85-3650  
**Telephone Languages:** Japanese and English  
**Access:** 15 minutes by car from Haibara Station, Kintetsu line  
**Duration:** 1 hour  
**Fee:** ¥3,300 per person (tax included)  
**Website URL:** <https://yatakiya.jp/news/540/>



# Ota River Basin, Nachikatsuura Town, Wakayama

Contemplate the Relationship Between People and Nature in Untouched Woodland Along the Pristine Ota River

Deep in the southern part of the Kii Peninsula, the Ota River flows from its source at Mount Nachi down into the Kumano-nada Sea. This 24-kilometer-long river basin is a haven of breathtaking natural scenery, perfect for escaping the hustle and bustle of city life. The Irokawa district upstream is a picturesque mountain village where people, nature, and animals coexist harmoniously. The Ota district, situated in the middle reaches of the river, features a serene rural landscape where rice cultivation thrives. Along the coast, the Shimosato and Uragami areas offer a maritime town atmosphere, rich in history and culture. This region invites visitors to experience deep connections with locals, nature, and each other.

## Access

From Shin-Osaka Station to Kii-Katsuura Station by JR Limited Express (4 hours)  
 From Nagoya Station to Kii-Katsuura Station by JR Limited Express (3 hours and 50 minutes)  
 From Nanki-Shirahama Airport to Shirahama Station by Meiko Bus, then transfer to JR Limited Express to Kii-Katsuura Station (1 hour and 50 minutes)  
 From Shinjuku Expressway Bus Terminal (Busta Shinjuku) at Shinjuku Station to Katsuura Onsen on the Seibu Bus Nanki-Katsuura Line (10 hours)

## Contact

**Ota River Basin Farming Promotion Council**  
**URL (Japanese only):** <https://otagawa-life.jp/>  
**Email:** [al.stay.in.kumano@gmail.com](mailto:al.stay.in.kumano@gmail.com) **Email Languages:** Japanese, English, Spanish



Check the site



## Recommended Accommodation

### WhyKumano Hostel & Cafe Bar

This hostel, located just a 10-second walk from Kii-Katsuura Station, is perfect for solo travelers and those who want to enjoy the company of fellow travelers. It offers two types of rooms: capsule and private. Nearby, you'll find the apartment rental hotel WhyKumano Annex Maguro Building and whole-floor holiday rental WhyKumano UNWIND.

**Address:** 2F 5-1-3 Tsukiji, Nachikatsuura-cho, Higashimuro-gun, Wakayama Prefecture  
**Telephone Number:** +81 (0)735-30-0921 **Telephone Languages:** Japanese, English  
**Access:** Short walk from JR Kii-Katsuura Station  
**Check-in:** 4:00 p.m. **Check-out:** 10:00 a.m.  
**Rates:** From ¥4,000 per person per night without meals  
**Website URL:** <https://whykumano.com/>  
**Reservation Website URL:** <https://00m.in/ofKYT>



## Recommended Restaurant

### Experience Restaurant Aima

This interactive restaurant offers a unique experience where visitors tour food production sites, including farms, fisheries, and poultry farms. After harvesting and sourcing your own ingredients, you can cook and enjoy the fruits of your labor. It's a wonderful opportunity to connect with producers and experience the bounty of nature firsthand.

**Address:** 37 Ono, Nachikatsuura-cho, Higashimuro-gun, Wakayama Prefecture  
**Access:** From JR Kii-Katsuura Station, take the Choei Bus Irokawa Line to Enmanji Park (50 minutes), then walk for 2 minutes.  
**Opening Hours:** Meet at 3:00 p.m., start eating at 7 p.m., ends at 10:00 p.m.  
**Closed:** Irregular holidays  
**Website URL (Japanese only):** <https://aima2022.wixsite.com/website>  
**Reservation Website URL (Japanese only):** <https://aima2022.wixsite.com/website>

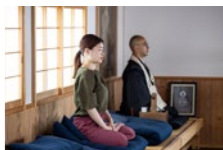


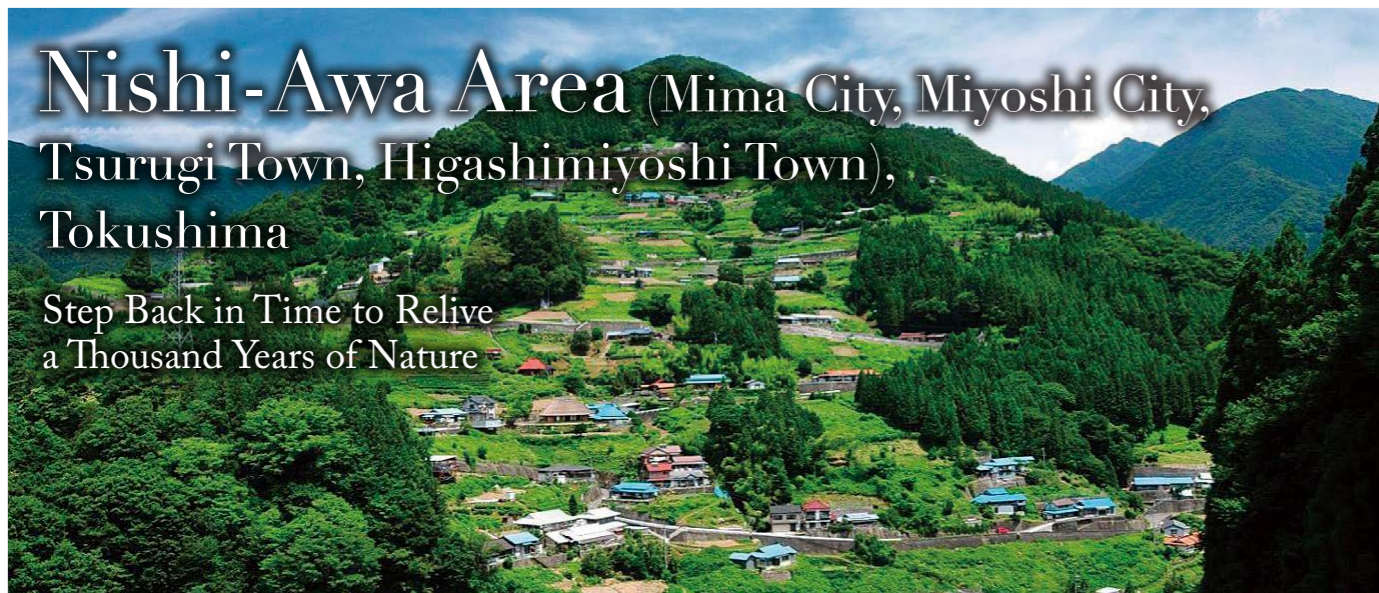
## Recommended Experience

### Temple Experience

Located along the Kumano Kodo ancient road, the 1,200-year-old Daitai-ji Temple offers a variety of unique temple experiences. Visitors can experience the teachings of Buddhism through calming zazen meditation and sutra copying, and cleanse the body with 'morning rice porridge,' a breakfast unique to the temple. Tours to view the temple's Buddhist statues are also popular.

**Address:** 775 Shimowada, Nachikatsuura-cho, Higashimuro-gun, Wakayama Prefecture  
**Telephone Number:** +81 (0)80-2781-3483  
**Telephone Languages:** Japanese, English  
**Access:** From JR Kii-Katsuura Station, take the Choei Bus Ota Line to Shimowada (20 minutes), then walk for 5 minutes.  
**Duration:** Varies by experience  
**Fee:** Seated meditation ¥1,000, sutra copying ¥1,000, morning rice porridge ¥1,500  
**Website URL:** <https://oterastay.com/daitaiji/en/experience/>  
**Reservation Website URL:** [https://urakata.in/new\\_reserve/en/courses/daitaiji](https://urakata.in/new_reserve/en/courses/daitaiji)  
**Reservations:** Reserve via the reservation website





# Nishi-Awa Area (Mima City, Miyoshi City, Tsurugi Town, Higashimiyoshi Town), Tokushima

Step Back in Time to Relive a Thousand Years of Nature

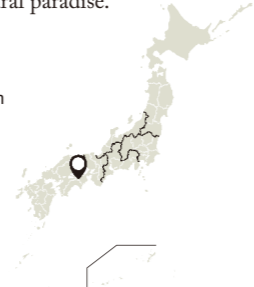
The Nishi-Awa area comprises two cities—Mima City and Miyoshi City—and two towns—Tsurugi Town and Higashimiyoshi Town. Located in western Tokushima Prefecture, this unique region boasts abundant natural resources, including the majestic Mount Tsurugi (Tsurugi-san) and the Yoshino River. It features unique sightseeing spots like the unexplored Iya Valley and Udatsu Townscape. Visitors can enjoy traditional produce such as Handa *somen* noodles and Iya soba noodles. Nishi-Awa is the only region in Japan to receive Tourism Region and SAVOR JAPAN certification and be recognized as a World Agricultural Heritage site. Escape the hustle and bustle of the city and experience the great beauty of this untouched natural paradise.

### Access

From Tokushima Awa Odori Airport, take the limousine bus to Tokushima Station, then transfer to the JR train to Awa Ikeda Station (2 hours and 10 minutes)  
 From Takamatsu Airport, take the limousine bus to Kotohira Station, then transfer to the JR train to Oboke Station via Awa Ikeda Station (2 hours)  
 From Kochi Ryoma Airport, take the limousine bus to Kochi Station, then transfer to the JR limited express to Oboke Station (1 hour and 30 minutes)

### Contact

**Sora-no-Sato**  
 Telephone Number: +81 (0)883-76-0713 Telephone Languages: Japanese  
 URL: <https://nishi-awa.jp/english/> Email: [info@ohtawaragt.co.jp](mailto:info@ohtawaragt.co.jp) Email Languages: Japanese

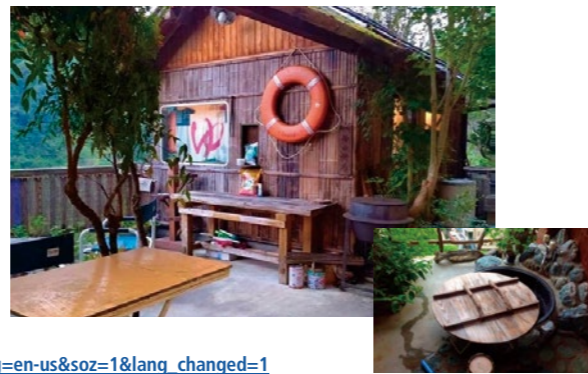


### Recommended Accommodation

## Traditional Guest House Kajiya Iya Romantei

This 80+ year-old traditional Japanese house accommodates only one group per day. Popular among international guests with a deep knowledge of Japan's hidden gems, 80% of its visitors come from abroad. The inn's allure lies in it offering a glimpse into Japan's historical past and a selection of sake from around the globe. Guests are welcome to bring their dogs and cats, and all food allergies can be accommodated.

**Address:** 141 Higashiyakyojo, Miyoshi-shi, Tokushima Prefecture  
**Telephone Number:** +81 (0)90-5144-9277 Telephone Languages: Japanese  
**Access:** 40-minute drive from Oboke Station Check-in: From 3:00 p.m. Check-out: 10:00 a.m.  
**Rates:** Entire house (up to 8 persons) with 2 meals from ¥10,000 per person  
**Website URL:** <https://iya-romantei.wixsite.com/kajiya/home-english>  
**Reservation Website URL:** [https://www.booking.com/hotel/jp/kaziyazu-gu-lang-man-ting.html?lang=en-us&soz=1&lang\\_changed=1](https://www.booking.com/hotel/jp/kaziyazu-gu-lang-man-ting.html?lang=en-us&soz=1&lang_changed=1)

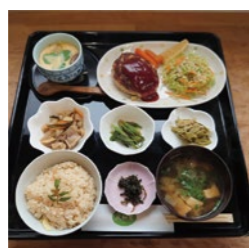


### Recommended Restaurant

## Farmhouse Restaurant FUWARI

This farmhouse restaurant serves dishes prepared from local produce and World Agricultural Heritage ingredients. Dine on fresh vegetables against the backdrop of beautiful mountain views. Don't miss the popular ¥1,300 Fuwari Set Meal, which offers array of flavors and dishes.

**Address:** 307 Fuchimyo, Kuchiyama, Anabuki-cho, Mima-shi, Tokushima Prefecture  
**Telephone Number:** +81 (0)883-56-0725  
 Telephone Languages: Japanese  
**Access:** 1 hour and 30 minutes' drive from Takamatsu Airport  
**Opening Hours:** 11:30 a.m.–2:30 p.m.  
**Closed:** Mondays and Tuesdays (occasional holidays; check the website for details)  
**Website URL (Japanese Only):** <https://ja-jp.facebook.com/huwari.noukarestaurant/>

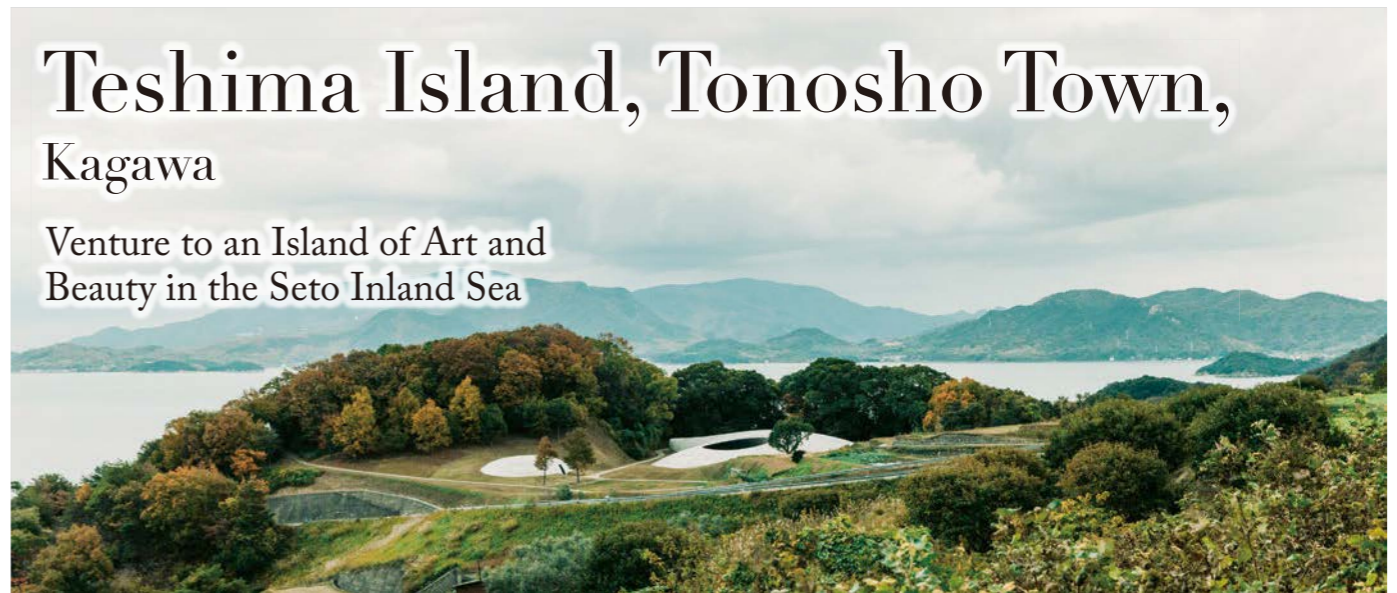


### Recommended Experience

## Iya Vine Bridge (Kazurabashi)

This amazing suspension bridge is made of kiwi vines (Actinidia arguta) vines that grow naturally in the Iya Valley region. Offering a spectacular view of the Iya River valley below, the bridge is replaced every three years due to aging and in order to pass down valuable skills, earning it the title as one of the Green Destinations Top 100 Stories in 2023.

**Address:** 162-2 Zentoku, Nishiyayamura, Miyoshi-shi, Tokushima Prefecture  
**Telephone Number:** +81 (0)883-76-0877 (Miyoshi City Tourist Information Center)  
 Telephone Languages: Japanese, English  
**Access:** 20-minute drive from Oboke Station  
**Opening hours:** April to June: 8:00 a.m.–6:00 p.m.; July to August: 7:30 a.m.–6:30 p.m.; September to March: 8:00 a.m.–5:00 p.m. Fee: Adults ¥550, Children ¥350  
**Website URL:** <https://miyoshi-tourism.jp/en/spot/iyanakazurabashi/>  
**Reservation Website URL:** <https://widgets.bokun.io/online-sales/5e6d880f-5d2a-48f6-b9ff-aacba1d005b8/experience/765259>



# Teshima Island, Tonosho Town, Kagawa

Venture to an Island of Art and Beauty in the Seto Inland Sea

Teshima is one in a chain of islands in Kagawa Prefecture, within the Setonaikai National Park. What makes this island distinctive is its delectable cuisine and special works of art, all in a rural setting where rice paddies carpet the slopes of its centrally located mountain, Danyama. Stay at Tokuto, a former private residence overlooking the sea, and enjoy the island's unparalleled views and culinary delights.

### Access

Ferry from Takamatsu Port, Kagawa Prefecture, to Ieura Port, Teshima (35 minutes)  
 Ferry from Miyanoura Port (Naoshima), Kagawa Prefecture, to Ieura Port, Teshima (25 minutes)  
 Ferry from Tonosho Port (Shodoshima), Kagawa Prefecture, to Ieura Port, Teshima (35 minutes)  
 Ferry from Uno Port, Okayama Prefecture, to Ieura Port, Teshima (40 minutes)

### Contact

**Teshima Countryside Stay Promotion Council**  
 URL: <https://teshima.group/>  
 Email: [tokuto.teshima@gmail.com](mailto:tokuto.teshima@gmail.com)

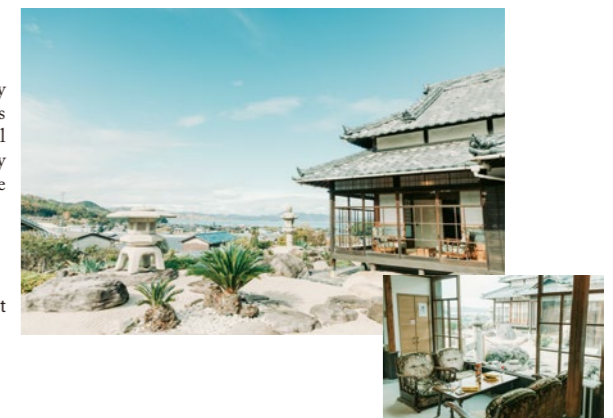


### Recommended Accommodation

## Tokuto—Teshima's Ocean View Retreat

A charming eighty-year-old renovated former residence, Tokuto can be reserved in its entirety by a single group. The main building can accommodate eight guests; the annex, six guests. The inn is located on a hill, and guests can enjoy stunning views of the Seto Inland Sea from the beautiful Japanese garden. Both the main building and the annex are equipped with kitchens, and guests may stay as long as thirty consecutive days. Behind the house lies abundant fields and woodlands, where guests can engage in farmwork and with farm animals.

**Address:** 1577-2 Ieura, Teshima, Tonosho, Shozo-gun, Kagawa Prefecture  
**Telephone Number:** +81 (0)80-8161-3526 Telephone Languages: Japanese and English  
**Access:** 15-minute walk from Ieura Port Check-in: 3:00 p.m.–6:00 p.m. Check-out: 10:00 a.m.  
**Rates:** Main building ¥45,000 per night with breakfast + ¥5,000 per person. Annex ¥35,000 per night with breakfast + ¥5,000 per person  
**Website URL:** <https://teshima.group/minpaku/tokuto-2/>  
**Reservation Website URL:** <https://www6.489pro.com/asp/489/menu.asp?id=37000023&lan=ENG>



### Recommended Restaurant

## URARA (local bento box)

Bento boxes prepared by Teshima's skilled local women are available for take-out only. These tasty box lunches, bursting with Teshima culinary charm, include locally sourced fish and vegetables and feature fried dishes seasoned with locally produced salt. Why not grab one to eat while seated on a bench overlooking the island's pretty terraced rice fields?

**Address:** 2232-2 Ieura, Teshima, Tonosho, Shozo-gun, Kagawa Prefecture  
**Telephone Number:** +81 (0)879-68-2352  
 Telephone Languages: Japanese  
**Access:** 5-minute walk from Ieura Port  
**Closed:** No regular holidays  
**Website URL:** <https://teshima.group/teshima-local-food/#bento-box>  
**Reservations:** Email [tokuto.teshima@gmail.com](mailto:tokuto.teshima@gmail.com) by noon one week before the desired reservation date.

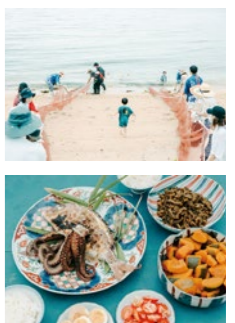


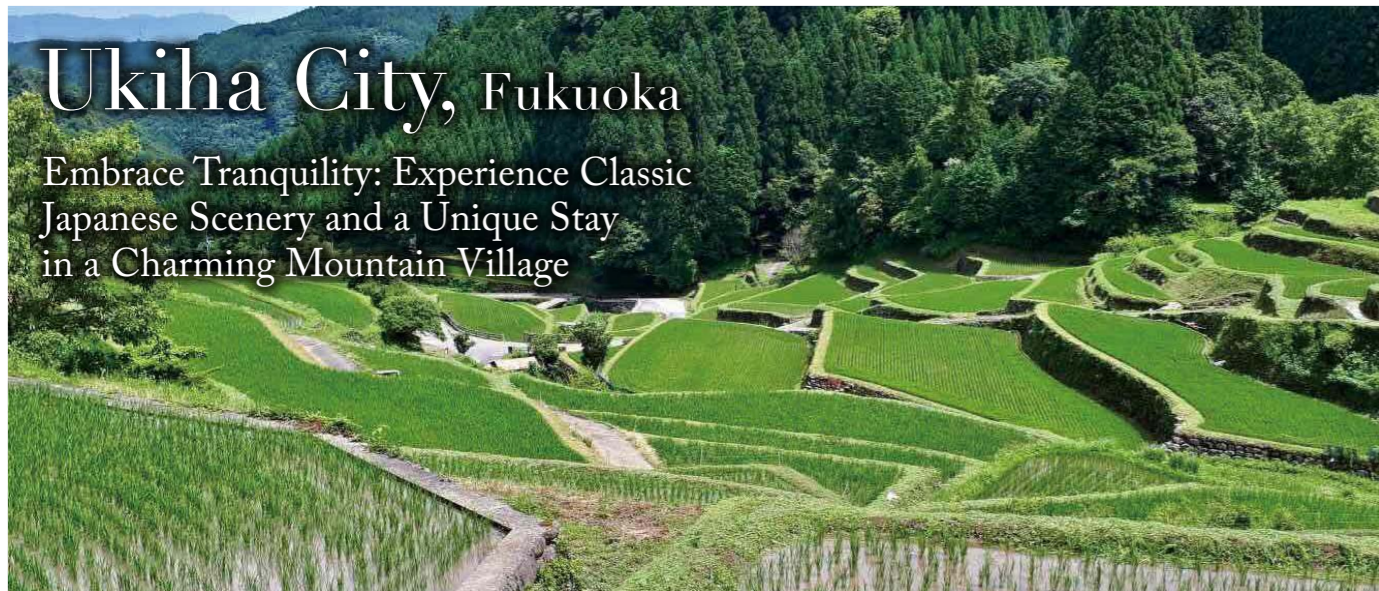
### Recommended Experience

## Net Fishing with Local Fishers

Seine fishing is a traditional way to harvest fish by casting a net into the sea and pulling it toward the shore, capturing the fish inside. Participate in this fascinating fishing experience together with local fishers. Take home the fish you catch, or have fun cooking and eating it on the spot.

**Address:** Depends on the day  
**Telephone Number:** +81 (0)80-8161-3526 (Tokuto)  
 Telephone Languages: Japanese and English  
**Access:** Depends on the day  
**Duration:** 1 hour and 30 minutes (without cooking and tasting experience) or 3 hours (with cooking and tasting experience)—between 10:00 a.m. and 4:00 p.m.  
**Fee:** ¥66,000 (without cooking and tasting experience) or ¥110,000 (with cooking and tasting experience)—for two to ten people  
**Website URL:** <https://teshima.group/1785-2/>  
**Reservations:** Email [tokuto.teshima@gmail.com](mailto:tokuto.teshima@gmail.com) by noon one week before the desired reservation date.





# Ukiha City, Fukuoka

Embrace Tranquility: Experience Classic Japanese Scenery and a Unique Stay in a Charming Mountain Village

Ukiha City, nestled in the southern part of Fukuoka Prefecture, is a haven of natural beauty where the timeless landscape of old Japan endures. This enchanting region features rivers and streams teeming with Yamame trout, their crystal-clear waters illuminated by dancing fireflies. Known as the 'fruit kingdom', Ukiha offers a bountiful year-round fruit harvest, inviting visitors to enjoy fruit-picking experiences at its sightseeing farms. Immerse yourself in the mountain village lifestyle by staying at the unique accommodations scattered throughout the city.

### Access

From Hakata Station to Kurume Station by JR Kyushu Shinkansen, etc., then transfer to the JR Kyudai Main Line to Ukiha Station (1 hour-1 hour and 20 minutes)  
From Fukuoka Airport to Hakata Station on the Fukuoka City Subway Airport Line, then transfer to JR Kyushu Shinkansen, etc. to Kurume Station, then transfer to the JR Kyudai Main Line to Ukiha Station (1 hour 30 minutes-2 hours)

### Contact

**Ukiha-no-Akari**  
Telephone Number: +81 (0)943-77-2277 Telephone Languages: Japanese  
URL: <https://ukihano-akari.com/en/> Email: [contact@ukihano-akari.com](mailto:contact@ukihano-akari.com) Email Languages: Japanese (language support via an app is also available)

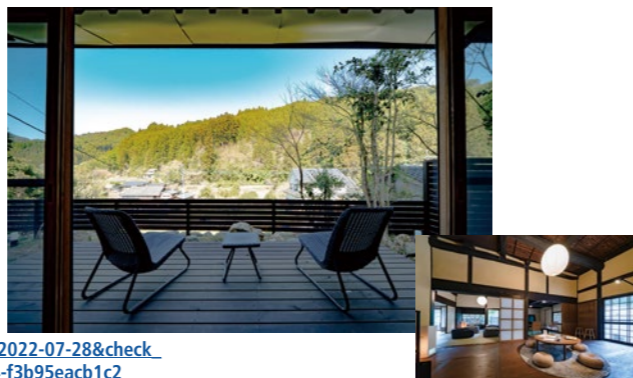


### Recommended Accommodation

#### Tagomori-no-Akari

This renovated old farmhouse, dating back over 100 years, is available for rent by just one group per day. The main building features an earthen floor with a quintessential Japanese sunken hearth and a scenic deck overlooking the mountain village. The grounds, separated from other buildings by a board fence, provide a space for your exclusive use, making it perfect for barbecues and glamping. Enjoy the natural woodland landscape and all that this peaceful lodge has to offer.

Address: 516-1 Tagomori, Ukiha-machi, Ukiha-shi, Fukuoka Prefecture  
Telephone Number: +81 (0)120-502-076 (Ukiha-no-Akari)  
Telephone Languages: Japanese, English, German Access: 20 minutes by car from JR Ukiha Station  
Check-in: 3:00 p.m.-5:00 p.m. Check-out: 10:00 a.m. Rates: From ¥55,000 per building  
Website URL: <https://ukihano-akari.com/en/>  
Reservation Website URL: [https://www.airbnb.com/rooms/600197536432792374?check\\_in=2022-07-28&check\\_out=2022-07-29&guests=1&adults=5&s=67&unique\\_share\\_id=037d7449-06ca-4b60-9114-f3b95eac1c2](https://www.airbnb.com/rooms/600197536432792374?check_in=2022-07-28&check_out=2022-07-29&guests=1&adults=5&s=67&unique_share_id=037d7449-06ca-4b60-9114-f3b95eac1c2)



### Recommended Restaurant

#### Relaxu

This 170-year-old renovated private house in the Himeharu area offers studding views of the beautiful, terraced rice paddies. Visitors to the restaurant can relax and unwind around the cozy fireplace. The menu features courses and set menus prepared using local mountain produce, such as vegetables, fruits, Yamame trout, and wild game meat. Reservations are recommended, even on weekdays.

Address: 3918-1 Niikawa, Ukiha-machi, Ukiha-shi, Fukuoka Prefecture  
Telephone Number: +81 (0)943-77-2275  
Telephone Languages: Japanese Access: 13 minutes by car from JR Ukiha Station  
Opening Hours: 11:00 a.m.-5:00 p.m. (reservations required on Saturdays, Sundays, and national holidays)  
Closed: Tuesday - Thursday (open if the day falls on a national holiday; consultation required for groups of 4 persons or more)  
Website URL (Japanese Only): [https://r.gnavi.co.jp/plan/g9fb7jfn0000/plan-reserve/plan/plan\\_list/#wrapper](https://r.gnavi.co.jp/plan/g9fb7jfn0000/plan-reserve/plan/plan_list/#wrapper)  
Reservation Website URL (Japanese only): <https://r.gnavi.co.jp/g9fb7jfn0000/>

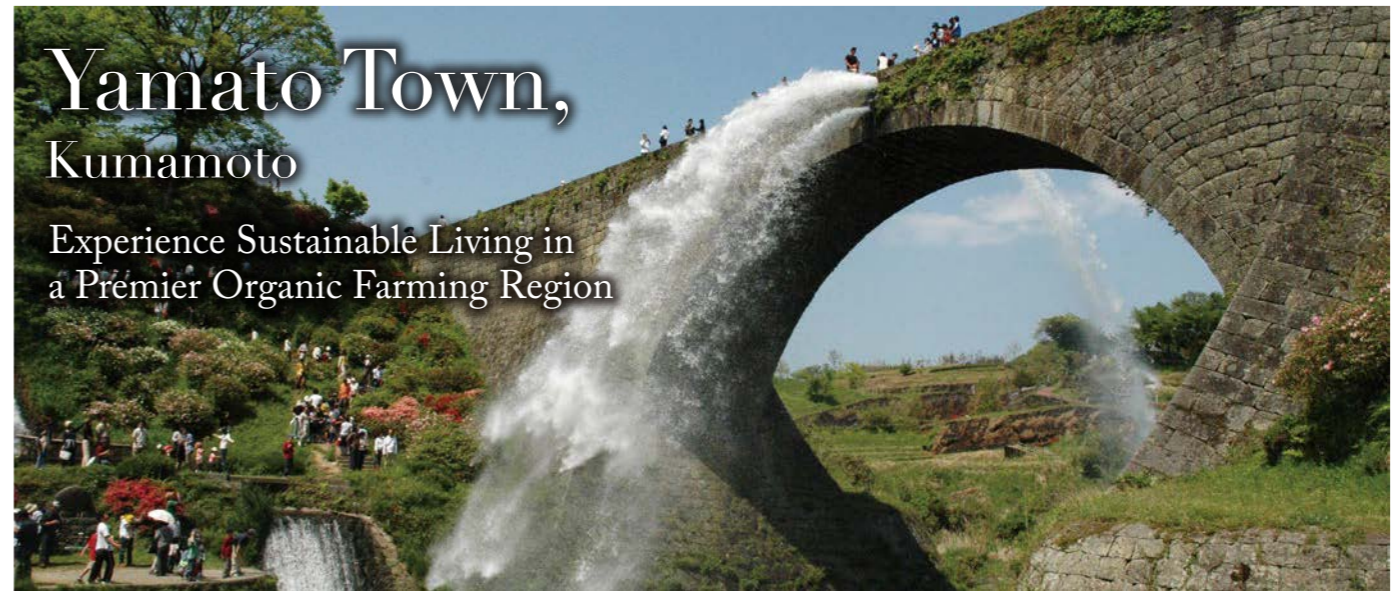


### Recommended Experience

#### Seseragi: Yamame Trout Fishing Experience

The Yamame trout, often referred to as the 'queen of river fish', is a landlocked species that thrives exclusively in mountain streams. Visitors can enjoy fishing for these trout in a pond fed by clean river water. Fishing using a pole is available from 1 fish per person per hour, while catching fish by hand is available from 1 fish per 30 minutes. Freshly caught fish can be grilled on the spot.

PHOTO: © Ukiha Tourism Mirai Zukuri Public Corporation  
Address: 746 Tagomori, Ukiha-machi, Ukiha-shi, Fukuoka Prefecture  
Telephone Number: +81 (0)943-77-5220 Telephone Languages: Japanese  
Access: 20 minutes by car from JR Ukiha Station Duration: 30 minutes-1 hour.  
Reception: 10:00 a.m.-4:00 p.m. (10:00 a.m.-6:00 p.m. between July 1 and September 30)  
Reception closes at 4:00 p.m. for fishing pond and 4:30 p.m. for hand-catching (Summer: 5:00 p.m. for fishing pond and 5:30 p.m. for hand-catching). \*If you wish for your fish to be salted and grilled, please come in 30 minutes before the above closing time. (20 to 30 minutes is required for grilling)  
Closed: Wednesdays Fee: Fishing pond: from ¥1,200 per person per hour (includes 1 Yamame trout), Catching using your hands: ¥800 per person per 30 minutes (includes 1 Yamame trout), additional Yamame trout can be added for ¥400 per fish.  
Website URL: <https://ukihalove.jp/contents/seseragi/>



# Yamato Town, Kumamoto

Experience Sustainable Living in a Premier Organic Farming Region

Yamato Town is situated in the heart of Kyushu, on the southern outer rim of the Aso Caldera, one of the largest calderas in the world. The town has a rich history of organic agriculture, boasting the highest number of JAS-certified organic farmers in Japan. Key attractions include the Tsujunkyo Bridge, a registered National Treasure built in the 18th century and the largest stone aqueduct in Japan. Even today, this popular tourist attraction is beautifully set amidst approximately 1 million square meters of rice paddies.

### Access

From Hakata Bus Terminal or Fukuoka Airport International Terminal to Yamato Town on the Nishitetsu / Miyazaki Kotsu Highway Bus 'Gokase-go' (2 hours-2 hours and 20 minutes)  
From Sakura-machi Bus Terminal (Kumamoto City) to Hamamachi Chuo by Kumamoto Bus bound for Tsujun Sanso (1 hour and 30 minutes-2 hours)

### Contact

**Yamato Farmstay Committee**  
Telephone Number: +81 (0)90-1167-3355 Telephone Languages: Japanese  
URL (Japanese Only): <https://yamatodesica.com/>  
Email: [mail@yamatodesica.com](mailto:mail@yamatodesica.com) Email Languages: Japanese



### Recommended Accommodation

#### Compass labo YAMATO

With the mantra "beauty from the inside out," this guest house offers you the chance to experience the charm of Yamato Town by preparing vegetable-centered local cuisine that cleanses the body. The owner also operates an esthetic salon in Kumamoto City, and guests can experience a selection of the salon's offerings in a dedicated room in the house. A key highlight is the Japanese cypress bath.

Address: 216 Ashiyada, Yamato-cho, Kamimashiki-gun, Kumamoto Prefecture  
Telephone Number: +81 (0)90-2500-4882  
Telephone Languages: Japanese  
Access: 5-minute drive from Yamato-cho bus stop  
Check-in: 3:00 p.m. Check-out: 10:00 a.m.  
Rates: From ¥6,600 per night without meals  
Website URL (Japanese Only): <https://www.facebook.com/p/Compass-labo-100063789603354/>



### Recommended Restaurant

#### Motosatsumaya

Dine at this 150-year-old *kappo* cuisine restaurant offering traditional mountain village dishes made with seasonal local vegetables, mountain stream fish, game meat, and other delicious ingredients. Enjoy lunch and dinner courses featuring seasonal ingredients, starting at ¥4,000 per person. Locally produced sake pairings are also available. Reservations are required.

Address: 132 Hamamachi, Yamato-machi, Kamimashiki-gun, Kumamoto Prefecture  
Telephone Number: +81 (0)967-72-0006  
Telephone Languages: Japanese  
Access: 5-minute walk from Yamato-cho bus stop, 3-minute walk from Hamamachi Chuo bus stop  
Opening Hours: Lunch: 11:30 a.m.-last order at 1:30 p.m., Dinner: 5:30 p.m.-last order at 7:30 p.m.  
Closed: New Year's holiday  
Website URL (Japanese Only): <https://motosatsumaya.com/>



### Recommended Experience

#### Miso Making Workshop \*Minimum 5 persons

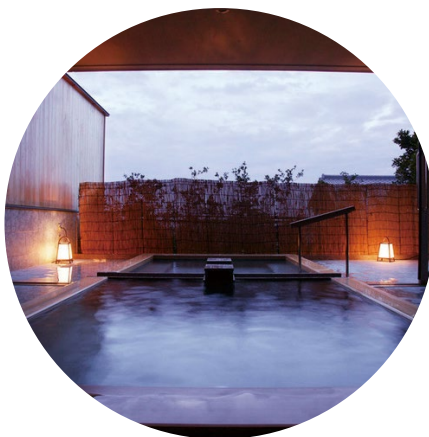
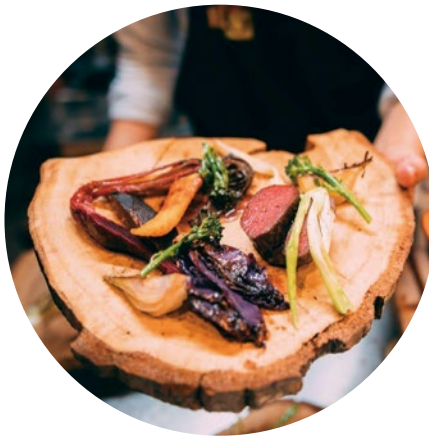
Miso is a traditional Japanese food made by fermenting soybeans, rice, wheat, and other grains with salt and *koji*. This unique workshop allows visitors to try their hand at making this Japanese kitchen staple. The ingredients include soybeans grown in Yamato Town and rice *koji* made from pesticide-free rice. Enjoy the taste of your very own additive-free, handmade miso!

Address: Shiraono District, Yamato-cho, Kamimashiki-gun, Kumamoto Prefecture  
Telephone Number: +81 (0)90-1167-3355 (Yamato Farmstay Committee)  
Telephone Languages: Japanese  
Access: 10-minute drive from Yamato-cho bus stop  
Duration: 4 hours \*Only during winter from October to March  
Fee: ¥6,000  
Reservations: Call or email [mail@yamatodesica.com](mailto:mail@yamatodesica.com)









Published and edited by JTB Publishing, Inc.  
\*The information contained in this publication is current as of July 1, 2024.  
\*Any unauthorized reproduction or use of the contents, text, images, or any other part of this publication is strictly prohibited.