



# Another Japan is Waiting for You

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





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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.

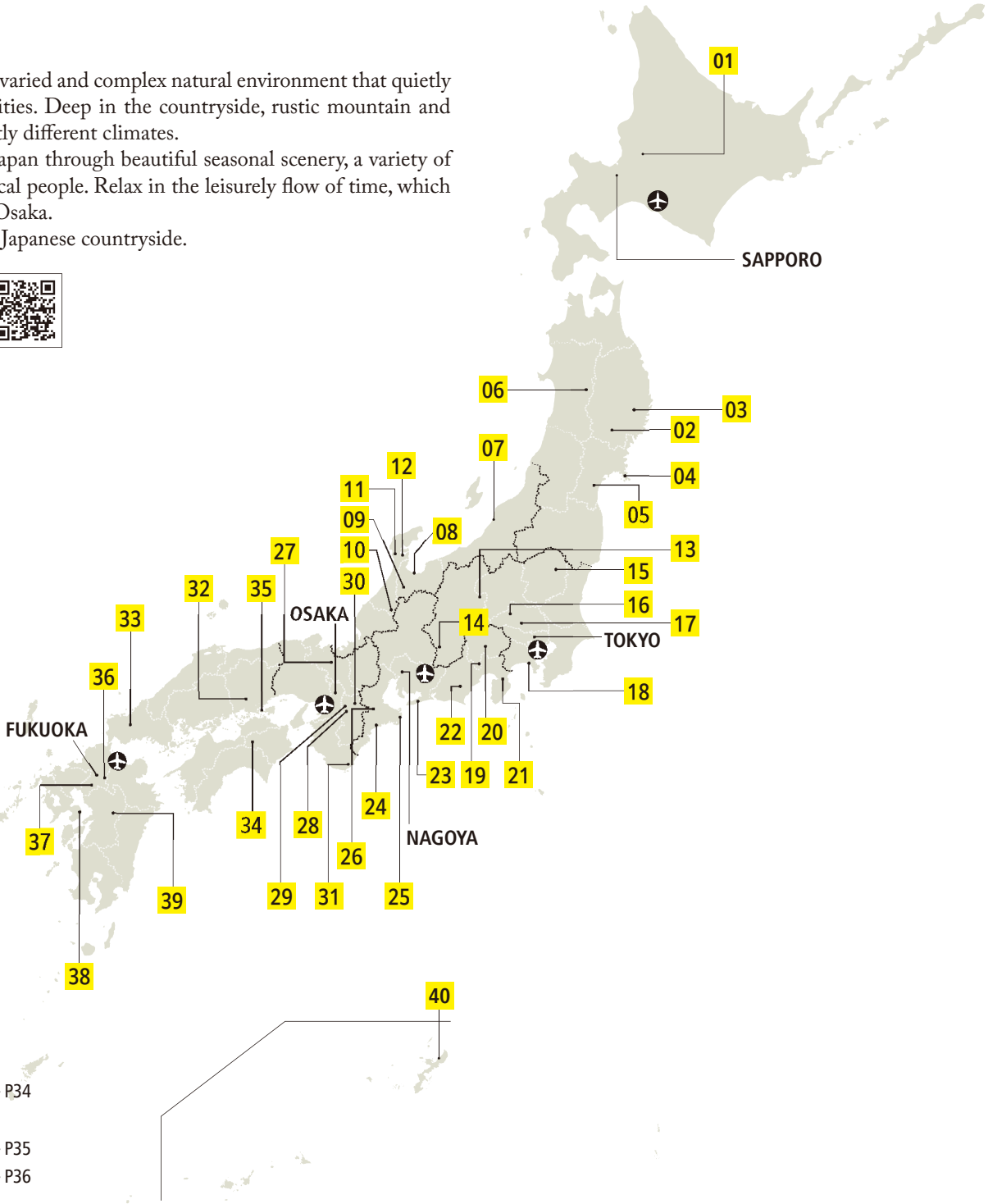
Visitors fortunate enough to travel to these parts can experience the true Japan through beautiful seasonal scenery, a variety of tasty local cuisine, traditional customs, and warm interactions with friendly local people. Relax in the leisurely flow of time, which elevates Japan's singular charms in 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.

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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.





# Bibai City, Hokkaido Prefecture

From playing in the snow to relaxing with art,  
enjoy the great outdoors in Hokkaido

Located in central Hokkaido just an hour's drive from Sapporo, Bibai City is a treasure trove of nature. This slow-paced and peaceful rural town makes the ideal base for visiting the tourist attractions of Asahikawa City, Furano City, and Biei Town. Visitors can explore famous landmarks such as Bibai Snowland, Japan's largest facility for fun in the snow, and the well-known museum dedicated to the works of world-class sculptor Kan Yasuda. They can also indulge in culinary delights, such as hearty Bibai yakitori and *torimeshi* (rice with chicken), or harvest and cook fresh farm produce themselves.

## Access

From Sapporo Station to Bibai Station on the JR Hakodate Line Limited Express Train (35 minutes)  
From New Chitose Airport to Sapporo Station on the JR Chitose Line Rapid Train,  
then to Bibai Station on the JR Hakodate Line Limited Express Train (1 hour and 20 minutes)  
From Asahikawa Airport to Asahikawa Station on the Asahikawa Electric Orbit Asahikawa  
Airport Bus, then to Bibai Station on the JR Hakodate Line Limited Express Train  
(1 hour and 45 minutes to 2 hours)

## Contact

### Stay Bibai

Telephone Number: +81 (0)50-1741-4683 Telephone Languages: Japanese and English

English URL (Japanese Only): <https://staybibai.jp/>

Email: [hello@staybibai.com](mailto:hello@staybibai.com) Email Languages: Japanese and English



## Recommended Accommodation

### Pipa-no-Yu Yurinkan

This hot-spring resort, located on a scenic hill overlooking the Ishikari Plain, is surrounded by lush greenery. The hotel is famed for its buttery-soft hot-spring water and magnificent open-air cave bath, inspired by the Blue Grotto in Capri, Italy. At night, the bath is illuminated in a glorious blue light, creating a fantastic atmosphere. Dinner is traditional kaiseki cuisine with seasonal ingredients.

Address: Tomei 3-Jo, Bibai-shi, Hokkaido Prefecture

Telephone Number: +81 (0)126-64-3800 Telephone Languages: Japanese

Access: 20 minutes from JR Bibai Station on the Shimin Bus (Higashi Line Yurinkan via Yurinkan, Tomei Dori Saki Mawari)  
to Yurinkan bus stop

Check-in: 3:00–8:00 p.m. Check-out: 10:00 a.m.

Rates: From ¥19,900 per night with 2 meals (per person based on double occupancy)

Website URL (Japanese Only): <http://yu-rinkan.com/>

Reservation Website URL (Japanese Only): <https://www.jhpds.net/yu-rinkan/uw/uwp3100/uww3101.do?yadNo=316306>



## Recommended Restaurant

### Yakitori Tatsumi

A historic Bibai yakitori (grilled chicken) restaurant that has been in business for more than 50 years. Enjoy premium Japanese chicken and fresh onions from Bibai, carefully grilled on skewers over charcoal (salt and pepper added). Popular choices include *motsu kushi* skewers, which include various chicken parts—head, skin, ovaries, and organs—and *kashirwa* soba (buckwheat noodles). Enjoy Bibai's favorite comfort food!

Address: 1-1-15, Nishi Ichijo Minami, Bibai-shi, Hokkaido Prefecture

Telephone Number: +81 (0)126-63-4589

Telephone Languages: Japanese

Access: 3-minute walk from JR Bibai Station

Opening Hours: 11:00 a.m.–9:00 p.m.

Closed: Tuesdays (open if Tuesday is a national holiday)

Website URL (Japanese Only): <https://tabelog.com/hokkaido/A0107/A010707/1000204/>



## Recommended Experience

### Bibai Snowland

With an area covering 1.25 million square meters, Bibai Snowland is one of the largest facilities for snow activities in Japan. Their popular snowmobile tours (from ¥6,000) take place on three different courses ranging from two kilometers (fifteen minutes) to ten kilometers (sixty minutes). Some activities, such as snow rafting and mini-snowmobiles, require an extra fee, but others, such as snow tubing and fat bikes, are included in the admission price. Warm clothing is also available to rent.

Address: 250-1 Chashinai, Bibai-shi, Hokkaido Prefecture

Telephone Number: +81 (0)126-65-2889 Telephone Languages: Japanese and English

Access: 15-minute drive from JR Bibai Station. Free shuttle bus available.

Duration: Open from early December to late March, 9:30 a.m.–3:30 p.m. Closed Tuesdays from January to March.

Fee: Admission fee ¥1,000; extra fees (¥1,000–¥1,600) for snow rafting, mini-snowmobile, ATV, and Kids Area (unlimited-ride plans also available for these activities)

Website URL: [https://www.alpen-group.net/bibai\\_snowland/](https://www.alpen-group.net/bibai_snowland/)

Reservation Website URL: <https://www.klook.com/en-GB/activity/18542-bibai-snow-land-experience-hokkaido/?spm=Activity.TopNavigation.SelectLanguage&clickId=ff81466c2b>



# 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

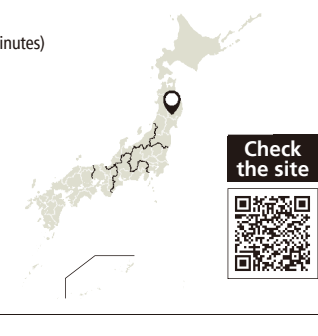
Koromogawa Agricultural Stay Regional Council

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, Nishiwai-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 Furudo, 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/>







Located in the lush inland region of Iwate Prefecture, Tono City is a rural haven blessed with abundant virgin woodlands dating back to ancient times. The city is known as the “home of folktales,” with stories of the famous mythical creatures *kappa* (reptilian spirits) and *zashiki-warashi* (spirit children) having originated here. Foodies are drawn to this culinary hot spot, renowned particularly for its delicious Jingisukan (barbecued mutton) and craft beer brewed with locally produced hops. Experience authentic rural life in this land of changing seasons.

#### Access

From Shin-Hanamaki Station to Tono Station on the JR Kamaishi Line (1 hour)  
From Tokyo Station to Shin-Hanamaki Station on the JR Tohoku Shinkansen, then to Tono Station on the JR Kamaishi Line (4 hours and 20 minutes)  
From Sendai Station to Shin-Hanamaki Station on the JR Tohoku Shinkansen, then to Tono Station on the JR Kamaishi Line (2 hours and 10 minutes)  
From Iwate Hanamaki Airport to Hanamaki Airport Station on the Iwateken Kotsu Bus Hanamaki Airport Line, then to Hanamaki Station on the JR Tohoku Main Line, then to Tono Station on the JR Kamaishi Line (1 hour and 15 minutes)

#### Contact

##### Tono Travel Delicatessen

Telephone Number: +81 (0)198-62-0601 Telephone Languages: Japanese only URL: <https://tono-yamasatonet.com/tabisite/eng/>  
Email: [tabisan@tono-yamasatonet.com](mailto:tabisan@tono-yamasatonet.com) Email Languages: Japanese and English



#### Recommended Accommodation

##### Lien Tono

Tastefully renovated traditional Japanese architecture in the Tono Basin surrounded by dynamic mountains, available as a vacation rental. Enjoy delicious meals, including vegetarian dishes and barbecues, prepared by the vegetable sommelier owner. Guests can also try hands-on activities such as kayaking, mountain biking, sauna, and easy camping. The daily campfire is a popular cozy touch.

Address: 1-37 Hirakura, Kamigo-cho, Tono-shi, Iwate Prefecture  
Telephone Number: +81 (0)198-62-0601 (Tono Travel Delicatessen)

Telephone Languages: Japanese

Access: From JR Tono Station, take the Iwateken Kotsu Bus Ashigase Line to the Tsunagi bus stop (20 minutes), then walk 3 minutes (pickup service is available at Tono Travel Delicatessen, a 6-minute walk from JR Tono Station).

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

Rates: ¥26,000 per night for 1 to 2 people; additional ¥8,000 per person for third person and more

Website URL: <https://tono-yamasatonet.com/tabisite/engservice03/09%e8%be%b2%e5%ae%b6%e6%b0%91%e6%b3%8a-lein%e9%81%a0%e9%87%8e-lein-tono-farm-guesthouse/>



#### Recommended Restaurant

##### Agriturismo Omori-ke

This Japanese house is over seventy years old and in the historic Tsuchibuchi district, where many Japanese folktales are set. Stay the night at this rustic guest house, or enjoy a one-of-a-kind dining experience, which includes conversing with the friendly owner (stay and dining available by reservation only). Please inquire in advance for details.

Address: 18-189-1, Tsuchibuchi, Tsuchibuchi-cho, Tono-shi, Iwate Prefecture

Telephone Number: +81 (0)198-62-0601 (Tono Travel Delicatessen)

Telephone Languages: Japanese Access: 8-minute drive from JR Tono Station

Opening Hours: Lunch and dinner available (hours negotiable) Closed: Negotiable

Website URL: <https://tono-yamasatonet.com/tabisite/engservice03/02%e8%be%b2%e5%ae%b6%e6%b0%91%e5%ae%bf-agriturismo-%e5%a4%a7%e6%a3%ae%e5%ae%b6farming-guesthouse-agriturismo-ohmori-ke/>

Reservation Website URL: <https://tono-yamasatonet.com/tabisite/eng/>



#### Recommended Experience

##### Leisurely Tono Culture and History Tour with Local Guide

An interactive walking tour through downtown Tono City, with visits to stores in the local shopping district. Guides introduce participants to famous figures, local history and culture, delicious food, and many specialties of the area—so everyone can get to know the real folklore town of Tono.

Address: Tono Travel Delicatessen, 2-11 Chuodori, Tono-shi, Iwate Prefecture

Telephone Number: +81 (0)198-62-0601 (Tono Travel Delicatessen)

Telephone Languages: Japanese

Access: 6-minute walk from JR Tono Station Duration: 90 minutes Fee: ¥3,300

Website URL (Japanese Only): <https://tono-yamasatonet.com/tabisite/service04/02%e9%81%a0%e9%87%8e%e7%89%a9%e8%aa%9e%e3%82%92%e3%80%8c%e7%9f%a5%e3%81%a3%e3%81%a6%e3%80%8d%e3%80%8c%e6%ad%a9%e3%81%84%e3%81%a6%e3%80%8d%e3%80%8c%e9%a3%9f%e3%81%b9%e3%82%8b%e3%80%8d%e3%82%b3%e3%83%bc/>

Reservation Website URL (Japanese Only): [https://tono-yamasatonet.com/tabisite/form\\_tonotabi/?formcourse=02%E9%81%A0%E9%87%8E%E3%81%AE%E6%96%87%E5%8C%96%E6%AD%B4%E5%8F%B2%E6%A5%BD%E5%AD%A6%E3%82%B3%E3%83%BC%E3%82%B9](https://tono-yamasatonet.com/tabisite/form_tonotabi/?formcourse=02%E9%81%A0%E9%87%8E%E3%81%AE%E6%96%87%E5%8C%96%E6%AD%B4%E5%8F%B2%E6%A5%BD%E5%AD%A6%E3%82%B3%E3%83%BC%E3%82%B9)



# 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-RHvMAeORYkAWO5gRzJZPLfdUio\\_PN5zkXHU4PIS2Q/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdMzu-RHvMAeORYkAWO5gRzJZPLfdUio_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 ‘Hamaguri-do 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.

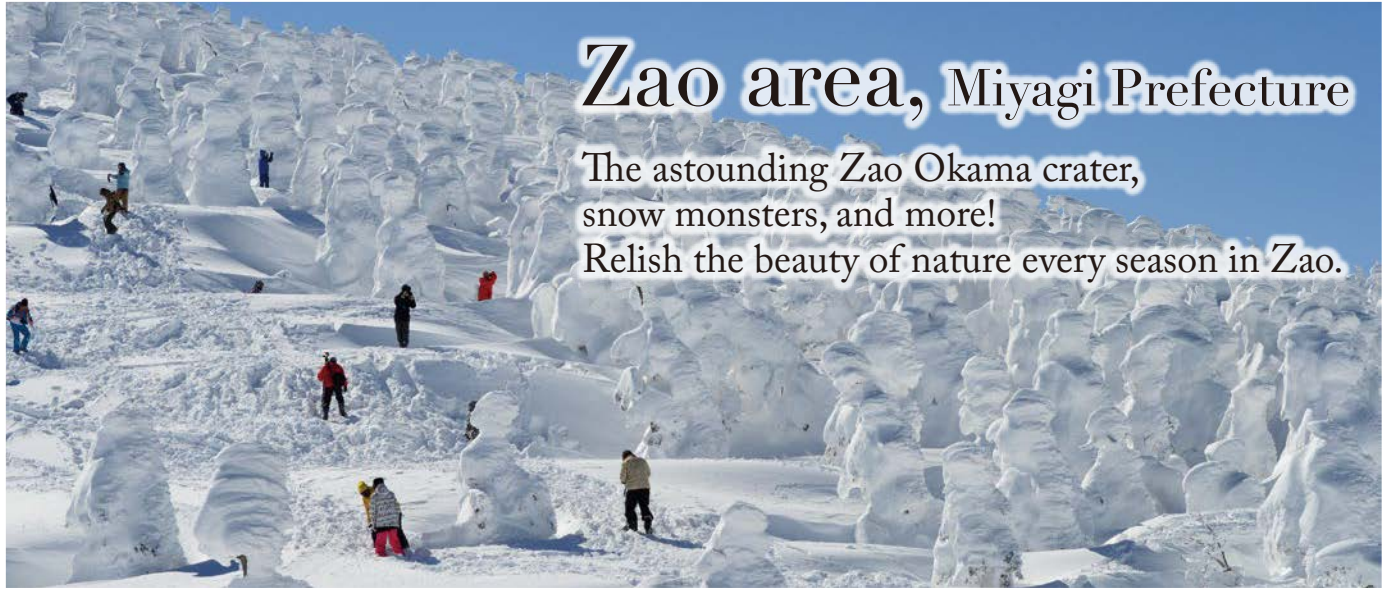
Website URL: <https://oshika-hamahaku.jimdosite.com/>

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)







At the foot of the Zao mountain range in southwestern Miyagi Prefecture lies a picturesque rural town where visitors can experience a rich natural environment and traditional farming life. The beautiful Zao area offers a whole range of exciting seasonal attractions—epic walks on a snow wall in spring, excursions to the Okama crater in summer, tours of amazing colorful foliage in autumn, and journeys to see the rime-covered trees called snow monsters in winter. Visitors can also get to know the local culture through agricultural activities, pottery making, fabric dyeing, and *kokeshi* (Japanese wooden doll) painting, or they can relax at leisure spots such as Miyagi Zao Kitsune Mura and Sportsland SUGO.

#### Access

From Tokyo Station to Shiroishizao Station on the JR Tohoku Shinkansen (2 hours)  
From Sendai Station to Shiroishizao Station on the JR Tohoku Shinkansen (20 minutes)  
From Sendai Station to Zao Choyakuba-mae bus stop on the Miyako Bus bound for Murata-cho, Zao-cho, or Togatta (50 minutes)  
From Sendai Airport to Sendai Station on the Sendai Airport Railway Sendai Airport Access Line or on the Tohoku Main Line, then to Shiroishizao Station on the JR Tohoku Shinkansen (1 hour)  
From Shiroishizao Station to Higashi-Shiroishi Station by car (15 minutes)

#### Contact

**GAIA Co., Ltd**  
URL: <https://en.stayjapan.com/feature/gaia-resort>  
Email: [visitorstation@gmail.com](mailto:visitorstation@gmail.com) Email Languages: All languages

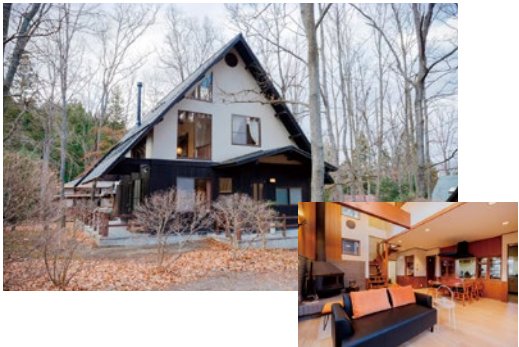


#### Recommended Accommodation

### Sansuien “Michi”

Experience Japanese culture in comfort at this natural hot-spring inn. The two-story building is a combination of Japanese and Western design, with three bedrooms, a wood-burning stove in the first-floor living room, and a fully equipped kitchen for self-catering. The large black-granite bath filled with natural hot-spring water is a popular feature.

**Address:** 4-171 Hachiyama, Togatta Onsen, Zao-machi, Katta-gun, Miyagi Prefecture  
**Telephone Number:** +81 (0)224-34-1192 **Telephone Languages:** Japanese and English  
**Access:** 30-minute drive from JR Shiroishizao Station  
**Check-in:** 2:00–8:00 p.m. **Check-out:** 8:00–10:00 a.m. **Rates:** From ¥35,000 for 2 people per night (no meals)  
**Website URL:** <https://en.stayjapan.com/area/miyagi/katta/pr/14262>  
**Reservation Website URL:** <https://en.stayjapan.com/area/miyagi/katta/pr/14262>



#### Recommended Restaurant

### Yam Specialty Store, Zao Kozumazakayama

This yam specialty restaurant occupies a renovated 100-year-old house in Togatta Onsen. Its fresh grated yam is highly nutritious, ideal for a healthy energy boost. Enjoy the retro atmosphere of the old building while dining on locally grown ingredients, including tasty yam grown in snow-covered farmlands.

**Address:** 5-1 Kozumazakayama, Togatta Onsen, Zao-machi, Katta-gun, Miyagi Prefecture  
**Telephone Number:** +81 (0)224-34-1122  
**Telephone Languages:** Japanese and English  
**Access:** 20-minute drive from JR Higashi-Shiroishi Station  
**Opening Hours:** 11:00 a.m.–3:00 p.m.  
**Closed:** Mondays and Tuesdays (closed the following Wednesday if either day falls on a national holiday)  
**Website URL (Japanese Only):** <https://kominka-tororo.com/>



#### Recommended Experience

### Mount Zao Helicopter Tour and Glamping Experience

These helicopter tours are for guests of Sansuien “Michi.” Fly through the sky above Mount Zao to see the Okama crater, which is off-limits to hikers during the winter season, and marvel from above at the mountain’s famous rime-covered trees—one of the three largest snow-monster areas in Japan. The glamping experience includes ingredients for a delicious barbecue. To take part, select the accommodation plan that includes the helicopter tour when booking your stay.

**Address:** 4-171 Hachiyama, Togatta Onsen, Zao-machi, Katta-gun, Miyagi Prefecture  
**Telephone Number:** +81 (0)50-1808-3727 (Tabi-no-Teitaku Reservation Center)  
**Telephone Languages:** Japanese and English **Access:** 30-minute drive from JR Shiroishizao Station **Duration:** 90 minutes **Fee:** Varies by season  
**Website URL:** [https://en.stayjapan.com/area/miyagi/katta/pr/14294?fbclid=IwAR2swL88ErFRkyoZGPG83RzbdPh59u4Z2yRZ\\_K8YUkLnCVy9QY2cSFthcFE](https://en.stayjapan.com/area/miyagi/katta/pr/14294?fbclid=IwAR2swL88ErFRkyoZGPG83RzbdPh59u4Z2yRZ_K8YUkLnCVy9QY2cSFthcFE)  
**Reservation Website URL:** [https://en.stayjapan.com/area/miyagi/katta/pr/14294?fbclid=IwAR2swL88ErFRkyoZGPG83RzbdPh59u4Z2yRZ\\_K8YUkLnCVy9QY2cSFthcFE](https://en.stayjapan.com/area/miyagi/katta/pr/14294?fbclid=IwAR2swL88ErFRkyoZGPG83RzbdPh59u4Z2yRZ_K8YUkLnCVy9QY2cSFthcFE)  
**Reservations:** Reserve on the reservation site



# 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 green tourism, with farmhouse accommodations and other heart-warming lodgings dotted across the city. Pay a visit to this rural gem and delight in its peaceful rural 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.–8:00 p.m. **Checkout:** 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)





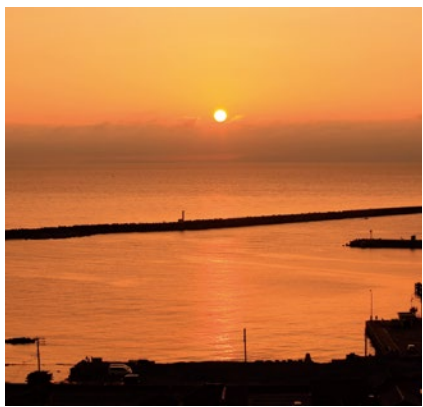


**Teradomari, Nagaoka City, Niigata**

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

#### 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.

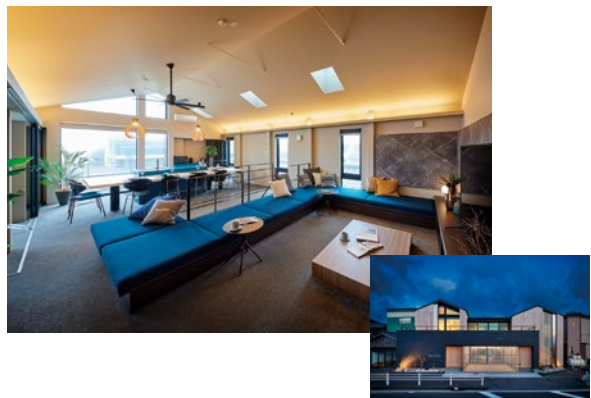
**Check-in:** 3:00 p.m. **Check-out:** 10:00 a.m.

**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

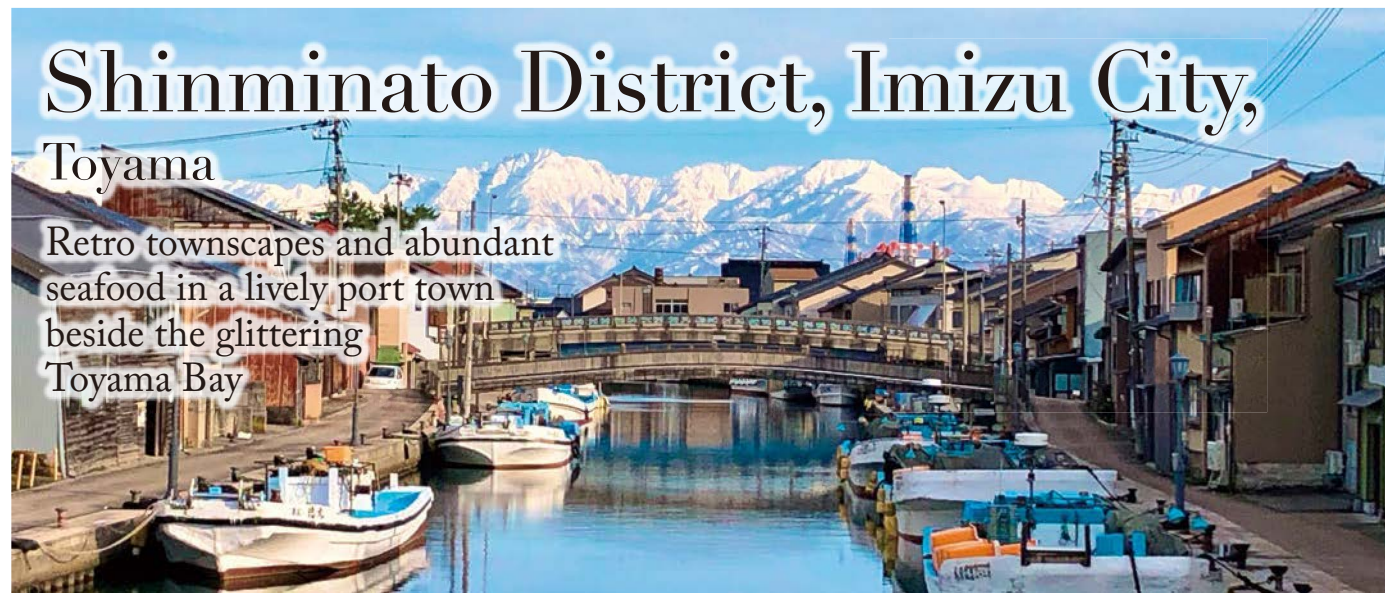
**Access:** From JR Nagaoka Station, take the Echigo Kotsu Bus bound for Teradomari Sakaimachi to Sakana-no-Ichiba Dori bus stop, then walk for 8 minutes. Or, 15-minute drive from JR Teradomari Station.

**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

#### 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

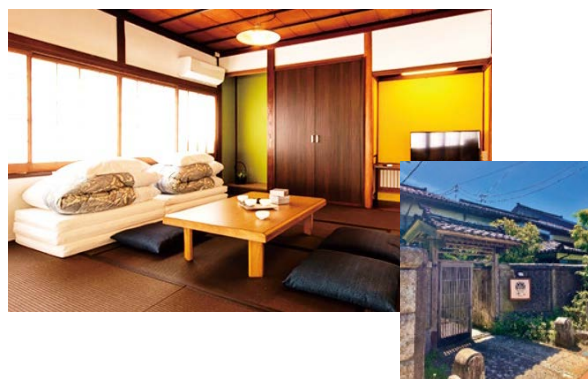
**Access:** 8-minute walk from Shinmachi Station on the Manyo Line

**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 Hachiman-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 Hachiman-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

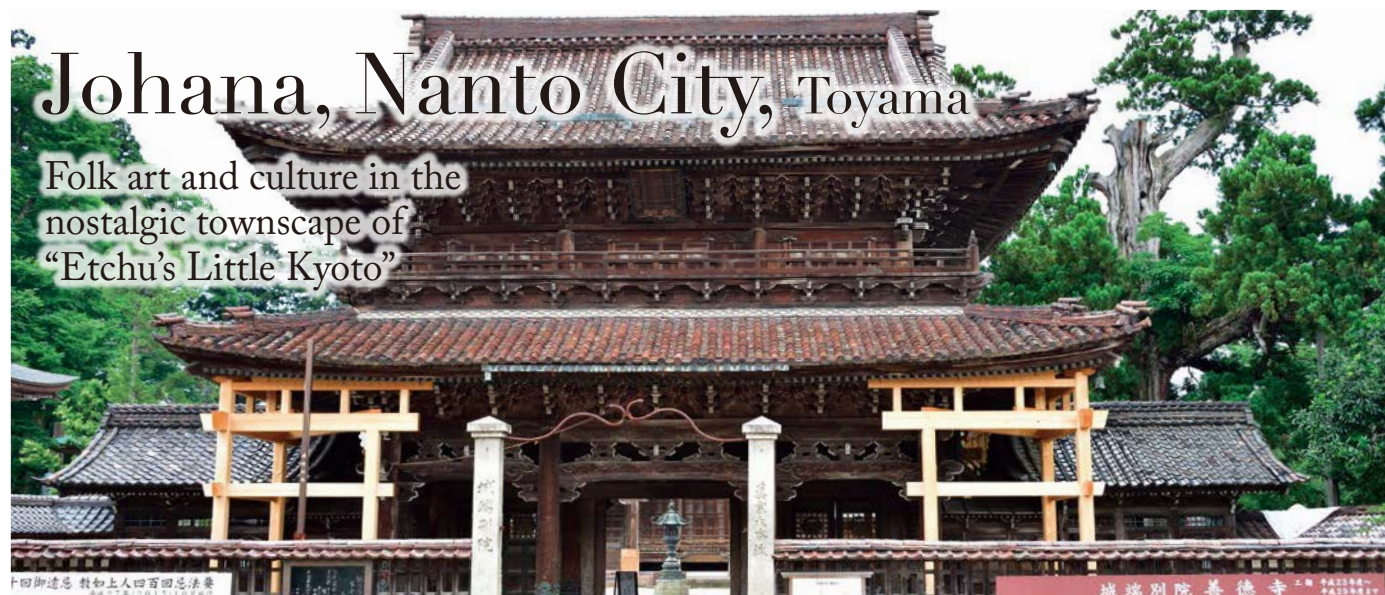
**Duration:** 1 hour **Fee:** ¥8,000

**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

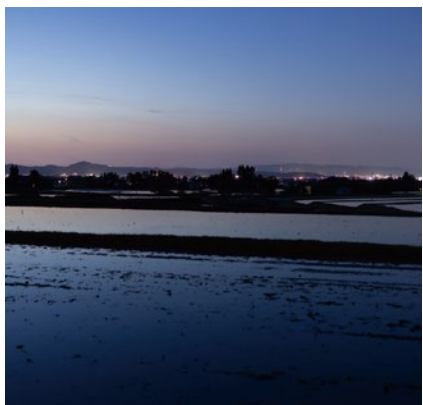
URL: <https://mizutotakumi.jp/?lang=en>

Email: [info@mizutotakumi.jp](mailto:info@mizutotakumi.jp)

Email Languages: Japanese, English, French



Check the site



## 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 Zentokuji 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

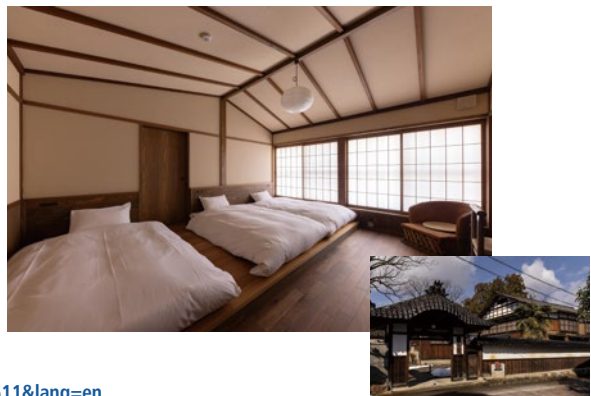
Check-in: 3 p.m.–9 p.m.

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=0000001611&lang=en>



## Recommended Restaurant

### Kaneshima

Located in front of the Zentoku-ji Temple gate, this over 100-year-old restaurant is popular for its eel dishes such as hitu-mabushi and grilled eel on rice, as well as other creations that make the most of seasonal ingredients. The spacious interior has a relaxed atmosphere and is a favorite among locals as a place to dine on important occasions.

Address: 473-1, Johana, Nanto-shi, Toyama Prefecture

Telephone Number: +81 (0)763-62-0108

Telephone Languages: Japanese

Access: 14-minute walk from JR Johana Station

Opening Hours: 11:30 a.m.–1:30 p.m. (last order), 5 p.m.–8 p.m. (last order)

Closed: Tuesdays (occasional irregular holidays)

Website URL (Japanese Only): <https://www.kaneshima-johana.com/>



## Recommended Experience

### Meet the maker of ‘Shike Silk’ in the Silk Room

Take this exclusive tour to Zentoku-ji Temple, a famous temple that was the catalyst for the development of Johana town. After a special visit to a room that is normally closed to the public, participants will be taken to the workshop of Matsui Kigyō, one of the last silk weavers in the Johana area. Observe the traditional silk weaving process and see the delicate products made with Johana’s ‘shike silk’.

Address: Meeting place: Moritoshia, Zentoku-ji Temple, 405, Johana, Nanto-shi, Toyama Prefecture

Languages: Japanese, English, Chinese, French

Telephone Number: None (use the contact form - <https://mizutotakumi.jp/contact/>)

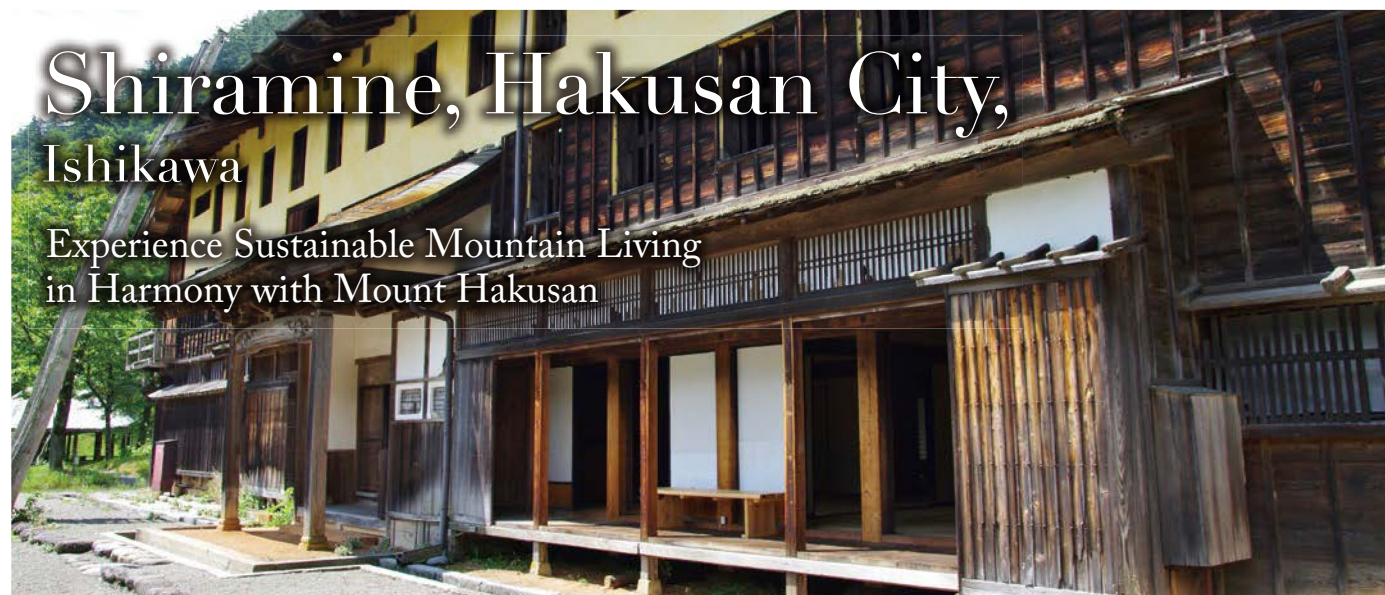
Access: 11-minute walk from JR Johana Station

Duration: 3 hours Fee: ¥5,500

Website URL: <https://www.rakudoan.jp/en/experience/905/>

Reservation Website URL: <https://mizutotakumi.jp/contact/>

Reservations: Reserve at least 5 days in advance at <https://mizutotakumi.jp/contact/>



# 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



Check the site



## 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 ‘Tedorī 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

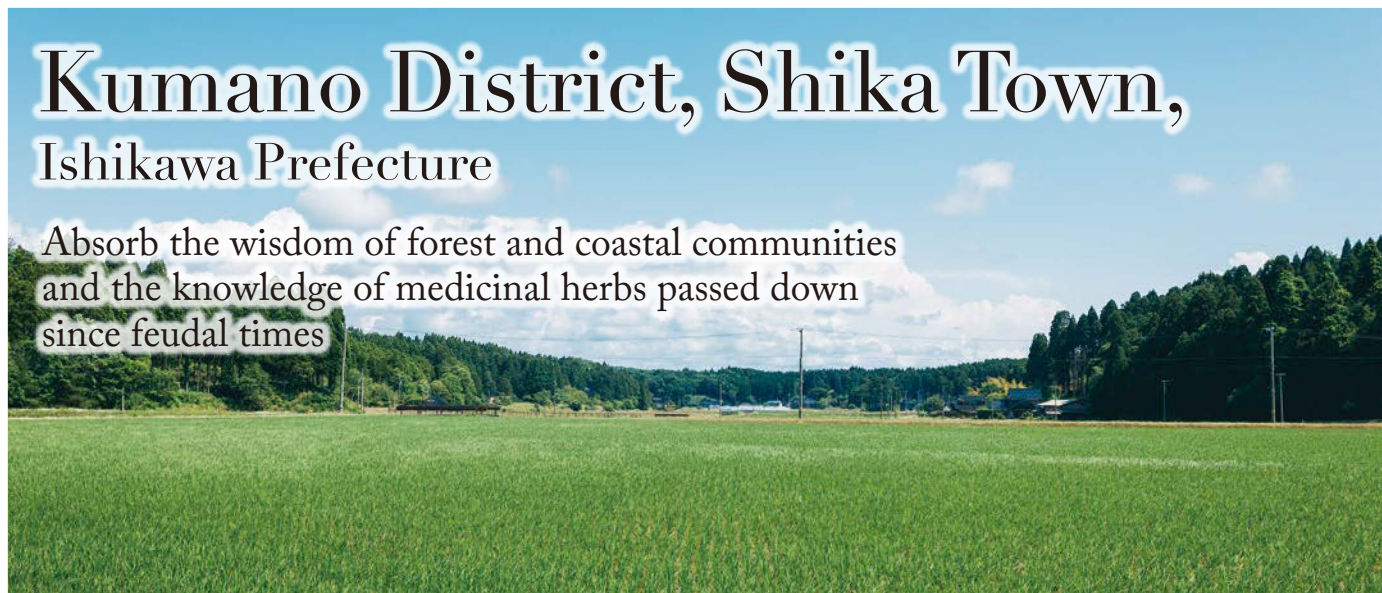
Website URL: <https://yositai2022.wixsite.com/visit-shiramine/things-to-do>

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)







The Kumano district in the center of the Noto Peninsula is a place where time stands still, with lush Japanese landscapes and the peaceful countryside remaining unchanged since ancient times. The area is said to have once been a production center for medicinal herbs, many of which are still used by locals today. Enjoy a walk in the scenic woodlands, eat healthy meals of wild plants and fermented foods, and live the rural life like a local. Driving on Chirihama Beach and cycling to the scenic Ganmon rock formation are also popular.

#### Access

From Kanazawa Station to the Nishiyama parking area on the Hokuriku Railroad express bus Wajima Express Line (1 hour and 20 minutes)  
From Kanazawa Station to Hakui Station on the IR Ishikawa Railway (direct connection to the JR Nanao Line, no transfer required) (1 hour)

#### Contact

**General Incorporated Association Noto Kumano**  
Telephone Number: +81(0)90-2837-0078 Telephone Languages: Japanese only  
URL (Japanese Only): <https://kumano-herb.jp/>  
Email: [kumano.pj@gmail.com](mailto:kumano.pj@gmail.com) Email Languages: Japanese



#### Recommended Accommodation

### COUNTRY LODGE Deja Vu

This vacation rental is an authentic Canadian log house. The interior is decorated with antique English furniture and handmade patchwork quilts, all of which have been carefully selected by the owner. All amenities necessary for a comfortable stay are provided, so guests can simply relax upon arrival in the luxurious space. A rental cottage, Harvest, is located a five-minute walk away.

**Address:** Na-1-223, Yaguradani, Shika-cho, Hakui-gun, Ishikawa Prefecture  
**Telephone Number:** +81 (0)767-32-3896 (Pension Cruise) Telephone Languages: Japanese

**Access:** 10-minute drive from the Nishiyama interchange on the Noto Satoyama Kaido; 10-minute drive from the Nishiyama parking area (please inquire for pickup service)  
**Check-in:** 3:00 p.m. **Check-out:** 11:00 a.m.

**Rates:** From ¥20,000 per night for up to 4 people, plus ¥4,000 for each additional person up to 7 people (pay at the lodge)

**Website URL (Japanese Only):** <https://pension-cruise.com/countrylodgedejavu/>

**Reservation Website URL:** <https://dejavu-harvest.booking.chillnn.com/>



#### Recommended Restaurant

### Toyoshima

A menu that abounds with dishes that feature fresh seafood from Noto. There are various set menus and à la carte items, but the restaurant can also accommodate specific requests. Lunch is from ¥1,200 to ¥2,000, and dinner from ¥3,000 to ¥6,000.

**Address:** Ri-67 Sanmyo, Shika-cho, Hakui-gun, Ishikawa Prefecture

**Telephone Number:** +81 (0)767-47-1021

**Telephone Languages:** Japanese

**Access:** 15-minute drive from Nishiyama interchange on the Noto Satoyama Kaido

**Opening Hours:** Noon–2:00 p.m. and 6:00–8:00 p.m.

**Closed:** Mondays

**Website URL (Japanese Only):** <https://tabelog.com/ishikawa/A1704/A170404/A17011866/>



#### Recommended Experience

### Plant-Dyeing Workshop Using Medicinal Herbs

In this creative workshop, held in an old barn, participants will turn handkerchiefs, tote bags, and more into colorful works of art using dyes made from wild plants and vegetables collected in the area. The workshop leaders are local people, and they teach participants all about dyeing with medicinal herbs, including how the herbs disinfect and deodorize fabric and make it insect repellent.

**Meeting Place:** Old Folk House Kozue, Ri-22 Machii, Shika-cho, Hakui-gun, Ishikawa, Japan

**Telephone Number:** +81 (0)90-9120-9751 (Old Folk House Kozue)

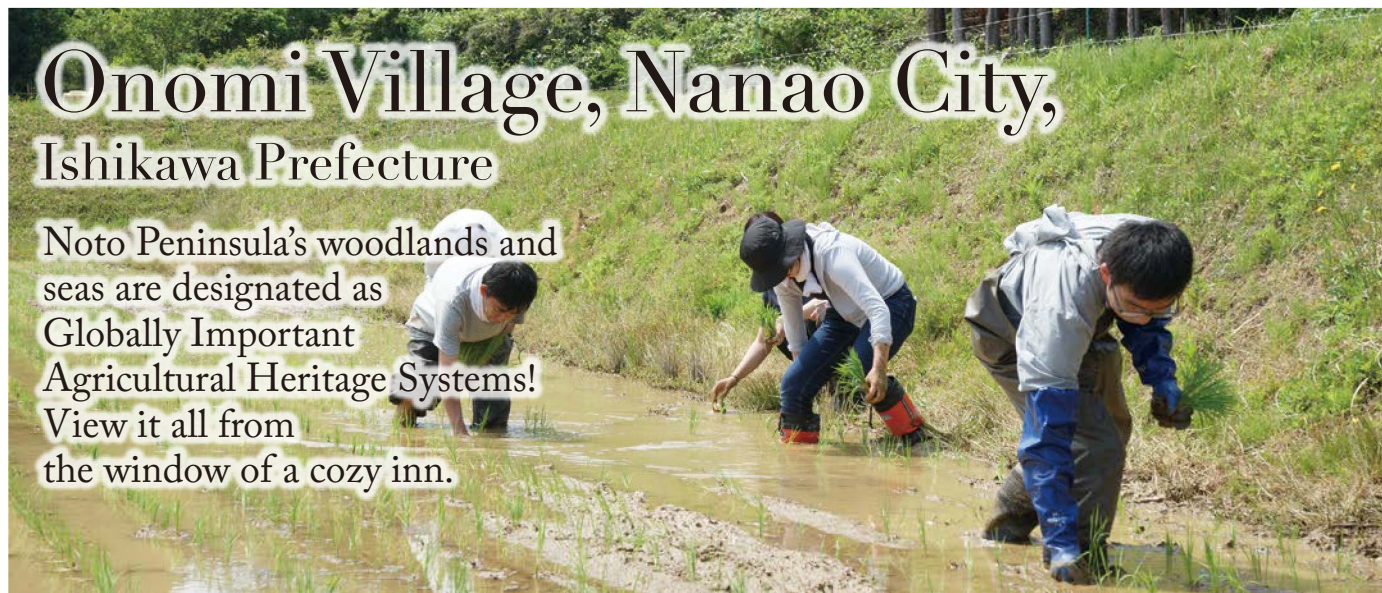
**Telephone Languages:** Japanese

**Access:** 15-minute drive from Nishiyama interchange on the Noto Satoyama Kaido

**Duration:** 3 hours

**Fee:** From ¥2,000 (depending on the materials used)

**Website URL (Japanese Only):** <https://kumano-herb.jp/work/%e3%83%88%e3%83%bc%e3%83%88%e3%83%90%e3%83%83%e3%82%b0%e3%81%ae%e8%8d%89%e6%9c%a8%e6%9f%93%e3%82%81%e2%80%95%e3%82%bf%e3%83%9e%e3%83%8d%e3%82%ae%e3%81%ae%e7%9a%ae/>



Nanao City is located on the Noto Peninsula in Ishikawa Prefecture—a region famed for its lush mountains and its seas rich in natural resources. The peninsula was the first Globally Important Agricultural Heritage System to be designated in Japan, and this was largely because the locals live in close harmony with nature. Onomi Village is a peaceful farming and fishing settlement nestled in a rural landscape, where visitors can discover unparalleled mountain and ocean scenery and engage with nature using all five senses.

#### Access

From Kanazawa Station to Nanao Station on the IR Ishikawa Railway Nanao Line (1 hour to 1 hour and 30 minutes)  
From Shin-Takaoka Station to Nanao Station on the Wakura Onsen Express Bus “Waku Liner”

Kaetsuno Bus (1 hour and 30 minutes)

From Noto Airport (a.k.a. Noto Satoyama Airport) to Anamizu Station on the Hokutetsu Okunoto Bus Anamizu-Shuzu C Line, then to Nanao Station on the Noto Railway (1 hour)

From Toyama Airport (a.k.a. Toyama Kitokito Airport) to Toyama Station on the Toyama Chiho Railway Bus Toyama Airport Line, then to Takaoka Station on the Ainokaze Toyama Railway, then to Nanao Station on the Katsuno Bus Wakura Onsen “Waku Liner” Express Bus (3 hours and 30 minutes)

From Komatsu Airport to Kanazawa Station on the Hokuriku Railway Komatsu Airport Limousine Bus, then to Nanao Station on the IR Ishikawa Railway Nanao Line (about 2 hours and 50 minutes)

#### Contact

##### Onomi Village

Telephone Number: +81 (0)50-6861-3620 Telephone Languages: Japanese only URL (Japanese Only): <https://onomivillage.com>

Email: [info@onomivillage.com](mailto:info@onomivillage.com) Email Languages: Japanese and English (using machine translation)



#### Recommended Accommodation

### Onomi Village YUSHINAN

Relax in comfort while taking in the sight of Onomi's ancient woodlands and beautiful ocean, and at the same time get to know a truly unique regional culture. This rustic inn is an old, renovated house now available as a private vacation rental. There is a wooden deck and a barbecue grill outside, and the availability of high-speed Wi-Fi makes the inn an ideal location for remote work. Breakfast is an additional ¥2,000 per person.

**Address:** 2-1 Bu, Wa, Hanazono-machi, Nanao-shi, Ishikawa Prefecture

**Telephone Number:** +81 (0)50-6861-3620

**Telephone Languages:** Japanese and English (using Pocketalk or other machine translator)

**Access:** 20-minute drive from JR Nanao Station **Check-in:** 3:00 p.m.–6:00 p.m. **Check-out:** 10:00 a.m.

**Rates:** From ¥40,000 per night with no meals (whole property rental)

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

**Reservation Website URL:** [https://www.airbnb.com.au/rooms/44182350?set\\_bev\\_on\\_new\\_domain=1716430624\\_YzJjNDk4ZDljNGMz&source\\_impression\\_id=p3\\_1725338501\\_P3M6HV5FwEcnr\\_OK](https://www.airbnb.com.au/rooms/44182350?set_bev_on_new_domain=1716430624_YzJjNDk4ZDljNGMz&source_impression_id=p3_1725338501_P3M6HV5FwEcnr_OK)



#### Recommended Restaurant

### Onomi Village Restaurant

This restaurant serves healthy dishes prepared by local people using locally sourced ingredients. The menu includes a ¥1,000 daily set meal, as well as Japanese curry, fried-rice omelet, and other hearty dishes. For dessert, the homemade cheesecake with coffee or tea is particularly recommended.

**Address:** 1 Bu, Wa, Hanazono-machi, Nanao-shi, Ishikawa Prefecture

**Telephone Number:** +81 (0)50-6861-3622

**Telephone Languages:** Japanese and English (using Pocketalk or other machine translator)

**Access:** 20-minute drive from JR Nanao Station

**Opening Hours:** 11:00 a.m.–3:00 p.m.

**Closed:** Sundays and Wednesdays

**Website URL (Japanese Only):** <https://onomivillage.com/onominna>



#### Recommended Experience

### Noto Satoyama Satoumi Cycling

This leisurely guided bicycle tour visits local fishermen and farmers along the way. Enjoy the beautiful woodland and ocean scenery while getting in touch with the local lifestyle. The electric bicycles make the ride accessible to those of all levels of ability.

**Address:** 1 Bu, Wa, Hanazono-machi, Nanao-shi, Ishikawa Prefecture

**Telephone Number:** +81 (0)50-6861-3620 (Onomi Village)

**Telephone Languages:** Japanese

**Access:** 20-minute drive from JR Nanao Station

**Duration:** 2 hours

**Fee:** ¥8,000

**Website URL (Japanese Only):** <https://hotel.travel.rakuten.co.jp/PLAN/181306/5685316/std/>

**Reservations:** Contact Onomi Village by email at [info@onomivillage.com](mailto:info@onomivillage.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

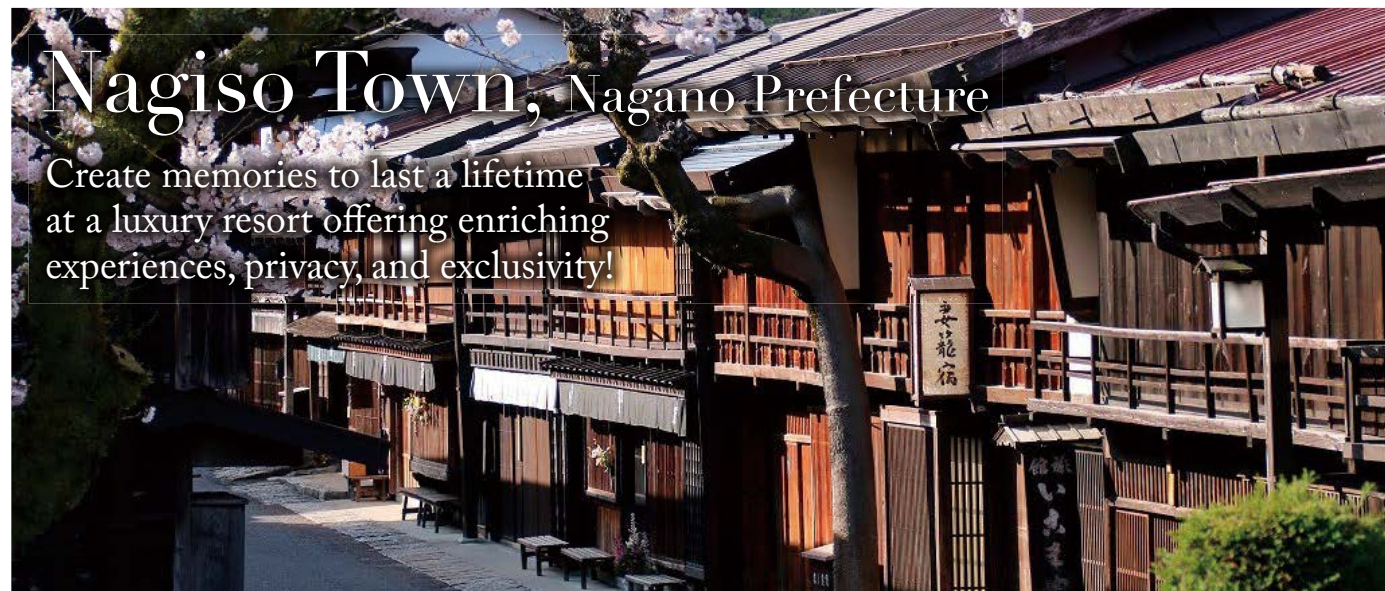
Fee: (with English support) 1 night & 2 days with 2 meals and koji making experience: ¥79,800, 2 nights & 3 days with 3 meals and sake brewing experience: ¥129,800

(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



At the southern end of the Kiso Valley in southwestern Nagano Prefecture, Nagiso Town is a rural haven with 94 percent of its land covered in lush forests. The Nakasendo trail, dating back to the Edo period (1603–1867), runs the length of the Nagiso area, with Tsumago-juku, a well-preserved 400-year-old post town, located on the route. Cuisine that includes locally grown vegetables, river fish, and wild vegetables is popular, as are activities that take place in the forest and on the Kiso River.

#### Access

From Tokyo Station to Nagoya Station on the JR Tokaido-Sanyo Shinkansen,

then to Nagiso Station on the JR Chuo Line Shinano Limited Express (3 hours)

From Nagoya Station to Nagiso Station on the JR Chuo Line Shinano Limited Express (1 hour)

From Nagiso Station to Tadachi Station on the JR Chuo Line (5 minutes)



#### Recommended Accommodation

### Zenagi

This luxury resort, available exclusively to one group per day, is located on a hilltop in a quiet rural village surrounded by nature. Here, guests can relax and unwind in complete tranquility. In addition, personal guides and cars are provided for all experiences, guaranteeing true exclusivity. A personal butler and chef are on hand throughout your stay to help you make the most of your holiday.

Address: 222 Tadachi, Nagiso-cho, Kiso-gun, Nagano Prefecture

Telephone Number: +81 (0)50-5527-8398

Telephone Languages: Japanese and English

Access: 10-minute drive from JR Nagiso Station

Check-in: 3:00 p.m.

Check-out: Noon

Rates: ¥350,000 per night with 2 meals and 1 experience (total for 2 people)

Website URL: <https://zen-resorts.com/en/>

Reservation Website URL: [https://go-zenagi-hotel.reservation.jp/en/plans/10039977?after\\_days=7&adults=2&dayuseFlg=0&sort=1](https://go-zenagi-hotel.reservation.jp/en/plans/10039977?after_days=7&adults=2&dayuseFlg=0&sort=1)



#### Recommended Restaurant

### Maru Sankaku Shikaku

This restaurant is located close to Zenagi, a resort that accepts only one group per day. The restaurant offers world-class cuisine that draws on the rich resources of Kiso's woodlands.

Address: 222 Tadachi, Nagiso-cho, Kiso-gun, Nagano Prefecture

Access: 15-minute walk from JR Tadachi Station

Opening Hours: Exclusive to guests of Zenagi

Closed: Exclusive to guests of Zenagi

Website URL: <https://marusankakushikaku-restaurant.com/en/>



#### Recommended Experience

### Grand Adventure in a Natural Water Sanctuary Fed by the Japanese Alps (Nature Experience)

This grand adventure, offered exclusively to Zenagi guests, takes place in a secluded gorge through which flows a river of natural water from the Japanese Alps. Embark on an excursion with a private guide to see this wonder of nature. Walk, swim, and climb over huge rocks in the amazingly clear river on your way to see a spectacular waterfall one kilometer away.

Address: 222 Tadachi, Nagiso-cho, Kiso-gun, Nagano Prefecture (Zenagi)

Telephone Number: +81 (0)50-5527-8398 (Zenagi)

Telephone Languages: Japanese, English, Spanish, and French

Access: 10-minute drive from JR Nagiso Station

Duration: Confirm at time of reservation

Fee: Included in Zenagi accommodation package (only one experience per stay)

Website URL: <https://zen-resorts.com/en/experience/canyon-river-canoe/>

Reservations: Select when making Zenagi reservation







Just 2 hours by train from Tokyo Station lies the tranquil rural city of Otawara and Nakagawa Town. 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. While you can feel the history of Nakagawa Town from the Edo and Meiji eras, each room has a comfortable living room, dining room, and kitchen equipped with high-quality furniture for long-term stays. We provide a relaxing environment for our guests, even during long stays.

#### 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/>

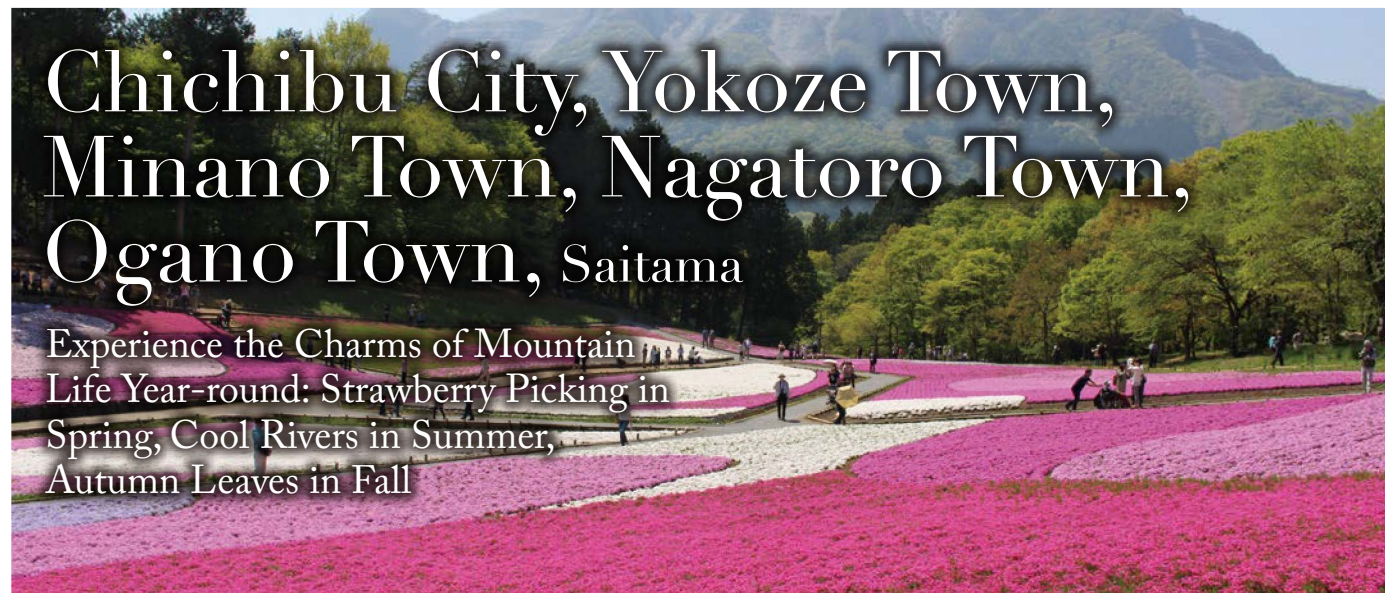


#### Recommended Experience

### 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))



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

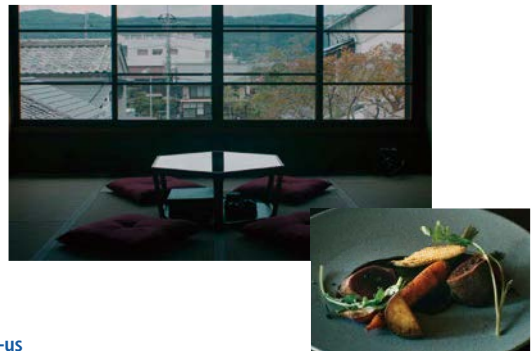


#### Recommended Accommodation

### 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>

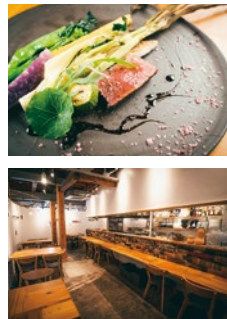


#### Recommended Restaurant

### 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

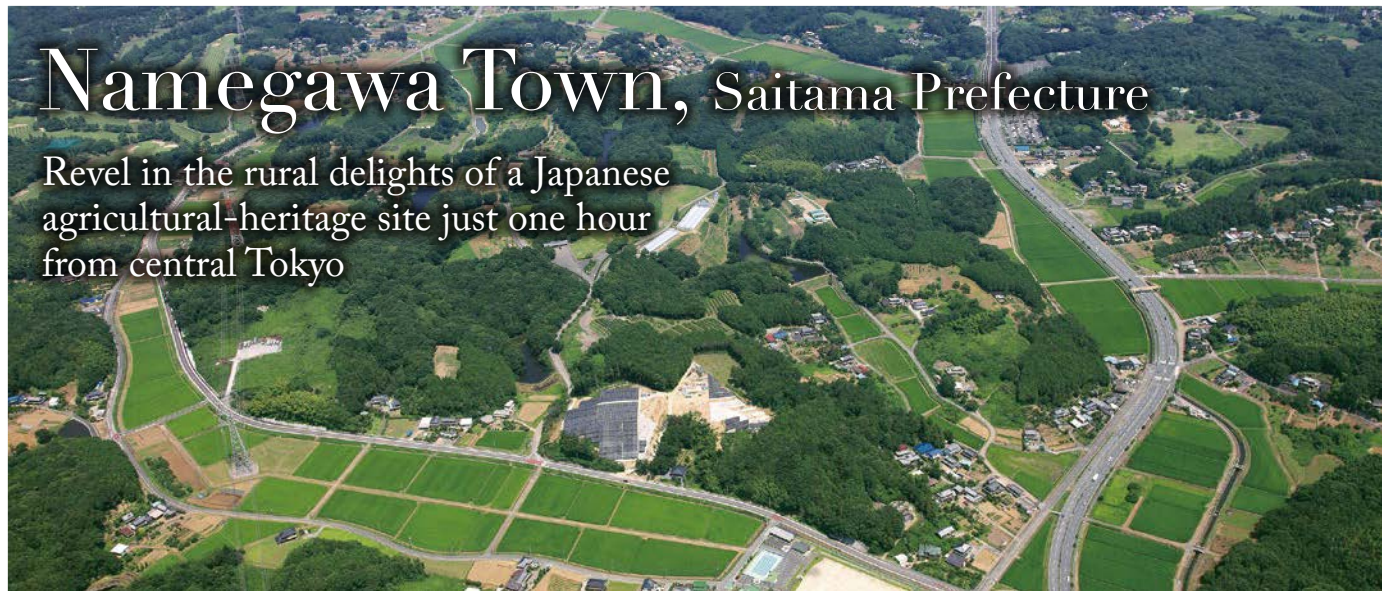
### Rhine Cruise The Nagatoro River

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







Namegawa Town, located in the center of Saitama Prefecture, is an easily accessible rural area just one hour from central Tokyo. The entire town is located on the gently sloping Hiki Hills, which are part of the Yatsunuma agricultural system, a Japanese Nationally Important Agricultural Heritage System (JNIAHS) that makes use of natural rainwater. The area, including the beautiful Hiki Hills and the rice paddies, is famed for its tranquil natural scenery and its premium agricultural products, such as *yatsuda* rice.

#### Access

From Ikebukuro Station to Shinrin-koen Station on the Tobu Tojo Line (1 hour)  
From Haneda Airport to Shinrin-koen Station (north exit) on the Tokyo Kuko Kotsu or the Kokusai Juo Kotsu Limousine Bus (Haneda Airport Line) (1 hour and 30–50 minutes)  
From Narita Airport to Shinrin-koen Station (north exit) on the Kawagoe Kanko Jidosh Highway Bus (Narita Airport Line) (3 hours)



#### Recommended Accommodation

### Tokinoyu Onsen Heritage Resort

This hotel, located near the Musashi Kyuryo National Government Park, affords a stunning view of a classic Japanese landscape. The resort's natural hot spring is one of the largest in the Tokyo metropolitan area, and its vegetable garden, called Heritage Farm, covers a wide area. Choose from a variety of room types, including rooms suitable for families and luxury suites. The hotel also offers many kinds of activities, including cultural-heritage events and other community functions.

**Address:** 228 Oegawa, Kumagaya-shi, Saitama Prefecture

**Telephone Number:** +81 (0)48-536-1212 **Telephone Languages:** Japanese and English

**Access:** 16 minutes from Tobu Shinrin-koen Station (north exit) on the Hanazono Kanko Bus bound for Fukaya-Hanazono Premium Outlets (get off at Tokinoyu Onsen Heritage Resort)

**Check-in:** 3:00 p.m. **Check-out:** 11:00 a.m.

**Rates:** From ¥9,024 per night with breakfast (per person based on double occupancy)

**Website URL:** <https://www.hotel-heritage.co.jp/en/>

**Reservation Website URL (Japanese Only):** <https://asp.hotel-story.ne.jp/ver3d/planlist.asp?hcod1=06670&hcod2=001&hidmode=select&mode=seek&chkymd=0&chkpsn=0&hidSELECTARRYMD=2024/07/02&hidSELECTHAKSU=1&room=1&hidSELETTadult=1&hidSELECTchilda=0&hidSELECTminPrice=0&hidSELECTmaxPrice=9999999&Dispunit=>



#### Recommended Restaurant

### Ikonosato Farmer's Restaurant

This restaurant is located inside Ikonosato, a woodland-experience park overlooking the Hiki Hills. The food is prepared by women who grew up in the local farming community. The restaurant is popular for its healthy dishes, such as udon noodles handmade using locally produced flour and freshly picked vegetables from Namegawa.

**Address:** 1846-1, Iko, Namegawa-cho, Hiki-gun, Saitama Prefecture

**Access:** 15-minute drive from Tobu Shinrin-koen Station

**Opening Hours:** 11:00 a.m.–2:00 p.m. (varies)

\*Check Instagram for details ([https://www.instagram.com/haato\\_kitchen/](https://www.instagram.com/haato_kitchen/))

**Closed:** Monday–Friday

**Website URL (Japanese Only):** <http://www.ikonosato.jp/pg137.html>



#### Recommended Experience

### Japanese Nodate and Tour around the Yatsuda and Yatsunuma Landscapes

Stroll around Naninomiya, the home of the inner precincts of the famed Iko Shrine, and experience *nodate*, the Japanese culture of drinking tea outside. After the walk, travel by private car to visit picturesque rice paddies and the source of their water, Yatsunuma. The Yatsunuma agricultural system, which uses only natural rainwater, is designated a Japanese Nationally Important Agricultural Heritage System.

**Meeting place:** Confirm when making reservation

**Access:** 60 minutes from Ikebukuro Station to Shinrin-koen Station (the nearest station) on the Tobu Tojo Line; transport from Shinrin-koen Station is available by reservation

**Duration:** 90 minutes

**Fee:** Details provided during consultation

**Website URL:** <https://www.youtube.com/watch?v=KdjvWkjoXHE>

[https://www.youtube.com/watch?v=nevKX\\_TEZwM](https://www.youtube.com/watch?v=nevKX_TEZwM)

**Reservations:** <https://www.sunrise-tours.jp/jp/plan/detail/HPT2ETFY0805/>



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 Keiyou 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

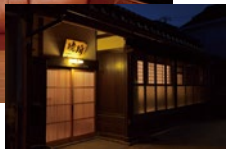
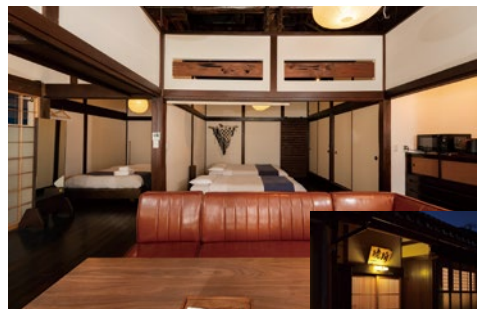
**Access:** 22-minute walk from Kamakura Station

**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

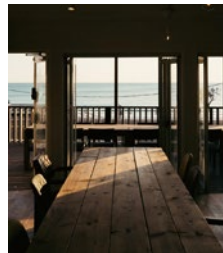
**Telephone Number:** +81 (0)467-91-7836

**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







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 hour)  
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)

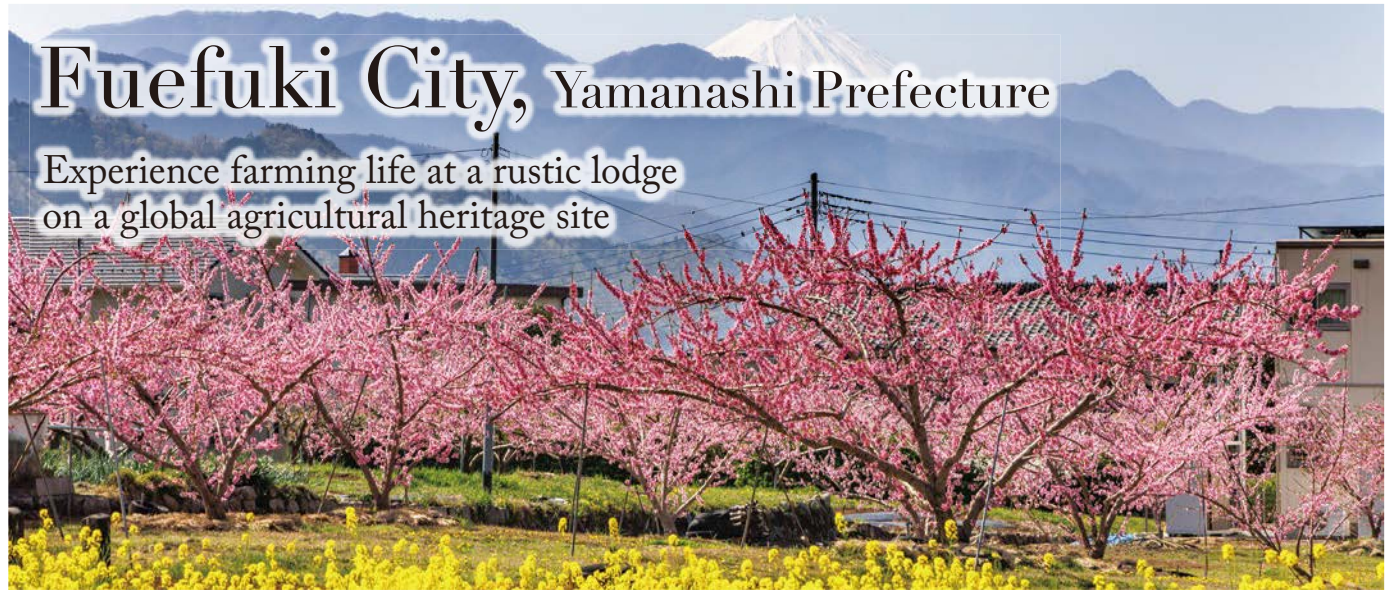
Telephone Languages: Japanese Access: 15-minute drive from JR Minobu Station Duration: 3 hours Fee: ¥16,000 (includes return taxi service from Gyogakuin Kakurinbo)

Website URL (Japanese Only): <https://houkendo.base.shop/>

Reservations: Reservations required, call Gyogakuin Kakurinbo or email [minobu@kakurinshoja.com](mailto:minobu@kakurinshoja.com)



Check the site



Yamanashi Prefecture's Fuefuki City is one of Japan's leading producers of peaches and grapes. In spring, the peach orchards blossom in a breathtakingly beautiful shade of pink, creating a true peach paradise. In orchards designated as Globally Important Agricultural Heritage Systems (GIAHS), visitors can pick seasonal fruit, cook with various fruits, make wine, and engage in other activities. They can also learn about the history of the area, particularly the Jomon period (ca. 10,000–300 BC). Stay in a former farmhouse, and delight in the garden-fresh charm of Fuefuki City.

#### Access

From Shinjuku Bus Terminal to Ichinomiya bus stop on the Yamanashi Kotsu Fujikyuu Bus or on the Keio Bus Highway Bus Shinjuku-Kofu Line (1 hour and 30 minutes + 10-minute walk)  
From Shinjuku Station to Isawa Onsen Station on the JR Chuo Line Express Train (1 hour and 30 minutes), then by taxi to Marusa Marche Fuefuki (20 minutes)

#### Contact

Fuefuki City Farm Stay Tourism Promotion Council (Marusa Marche Fuefuki)

Telephone Number: +81 (0)553-47-4447 (Marusa Marche Fuefuki)

Telephone Languages: Japanese only URL: <https://fuefuki-nohaku.jp>

Email: [yoyaku.marusa.marche@gmail.com](mailto:yoyaku.marusa.marche@gmail.com)

Email Languages: Japanese

#### Recommended Accommodation

### Togen-no-ie

This comfortable vacation rental is in a renovated traditional farmhouse. The spacious one-story building has a garden with a veranda where guests can try their hand at smoking food, making a campfire, or lighting firework sparklers (for an additional fee). From the adjoining vineyard of Shine Muscat grapes, visitors can get a panoramic view of the nearby peach orchards. This popular inn offers a wide variety of activities, including cooking and hunting.

Address: 379-1 Shioda, Ichinomiya-cho, Fuefuki-shi, Yamanashi Prefecture

Telephone Number: +81 (0)553-47-4447 (Marusa Marche Fuefuki)

Telephone Languages: Japanese

Access: 10-minute walk from Ichinomiya bus stop or 18-minute drive from JR Isawa Onsen Station

Check-in: 11:00 a.m. (varies by stay plan) Check-out: 10:00 a.m.

Rates: ¥25,000 per night with 3 meals (6 years old and above)

Website URL (Japanese Only): <https://www.fuefuki-nohaku.jp/>

Reservation Website URL (Japanese Only): <https://reserva.be/rougenoie>

#### Recommended Restaurant

### Marusa Marche Fuefuki

This fruit parlor offers a dazzling menu of seasonal fruits from Yamanashi. In addition to delicious parfaits bursting with fresh fruit, diners can enjoy peach or grape pizzas and pastas, homemade treats like additive-free gelato, jams made with Yamanashi fruit, and fresh fruits in season.

Address: 238 Sueki, Ichinomiya-cho, Fuefuki-shi, Yamanashi Prefecture

Telephone Number: +81 (0)553-47-4447 (Marusa Marche Fuefuki)

Telephone Languages: Japanese

Access: 10-minute walk from Ichinomiya bus stop or 18-minute drive from JR Isawa Onsen Station

Opening Hours: 10:00 a.m.–5:00 p.m.

Website URL (Japanese Only): <https://www.marusa-marche.com/>

Reservation Website URL (Japanese Only): <https://www.marusa-marche.com/contact.html>



#### Recommended Experience

### Create an original parfait using seasonal fruits!

Discover your inner dessert chef by making your own fruit parfait. Cut the fruit and arrange the pieces with toppings and other ingredients. When it's completed, snap a photo and then dig in before the ice cream starts to melt! This hands-on café offers many other creative hands-on activities using local ingredients.

Address: Marusa Marche Fuefuki, 238 Sueki, Ichinomiya-cho, Fuefuki-shi, Yamanashi

Telephone Number: +81 (0)553-47-4447 (Marusa Marche Fuefuki)

Telephone Languages: Japanese

Access: 10-minute walk from Ichinomiya bus stop or 18-minute drive from JR Isawa Onsen Station

Duration: 30–40 minutes

Fee: ¥2,000 per person

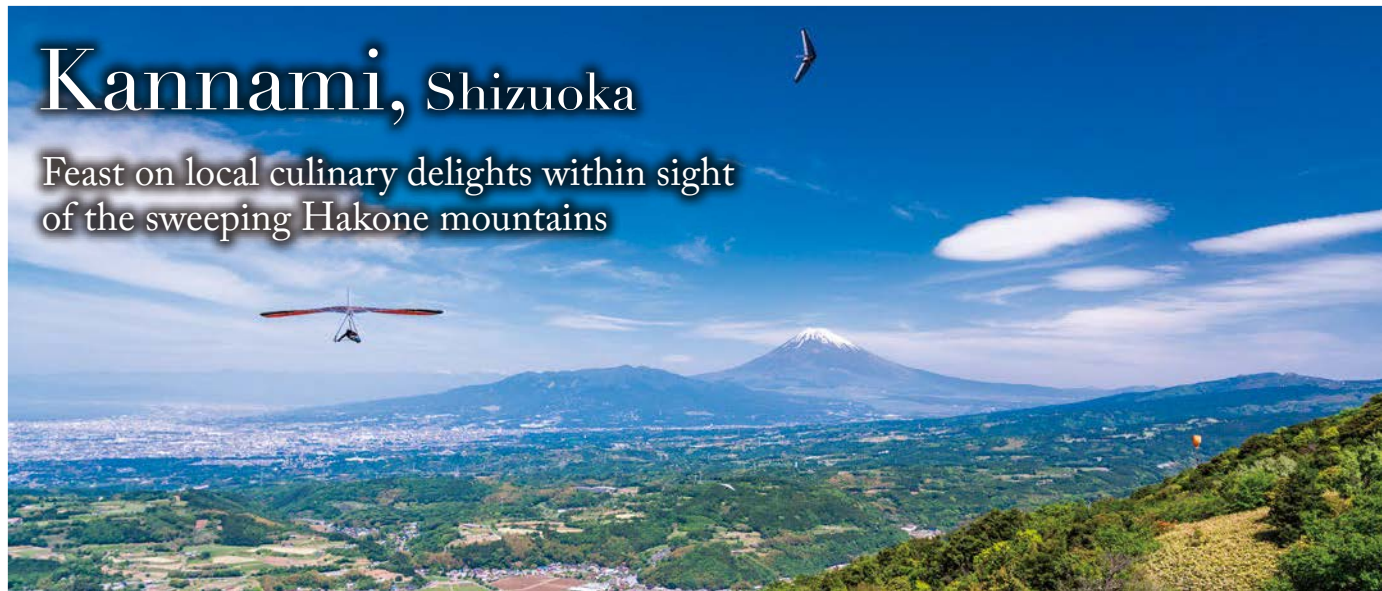
Website URL (Japanese Only): <https://www.marusa-marche.com/>

Reservation Website URL (Japanese Only): <https://www.marusa-marche.com/contact.html>

Reservations: Reserve via the above website







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 Izuhakone 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 Izuhakone 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 *donburi* (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 Izuhakone 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)

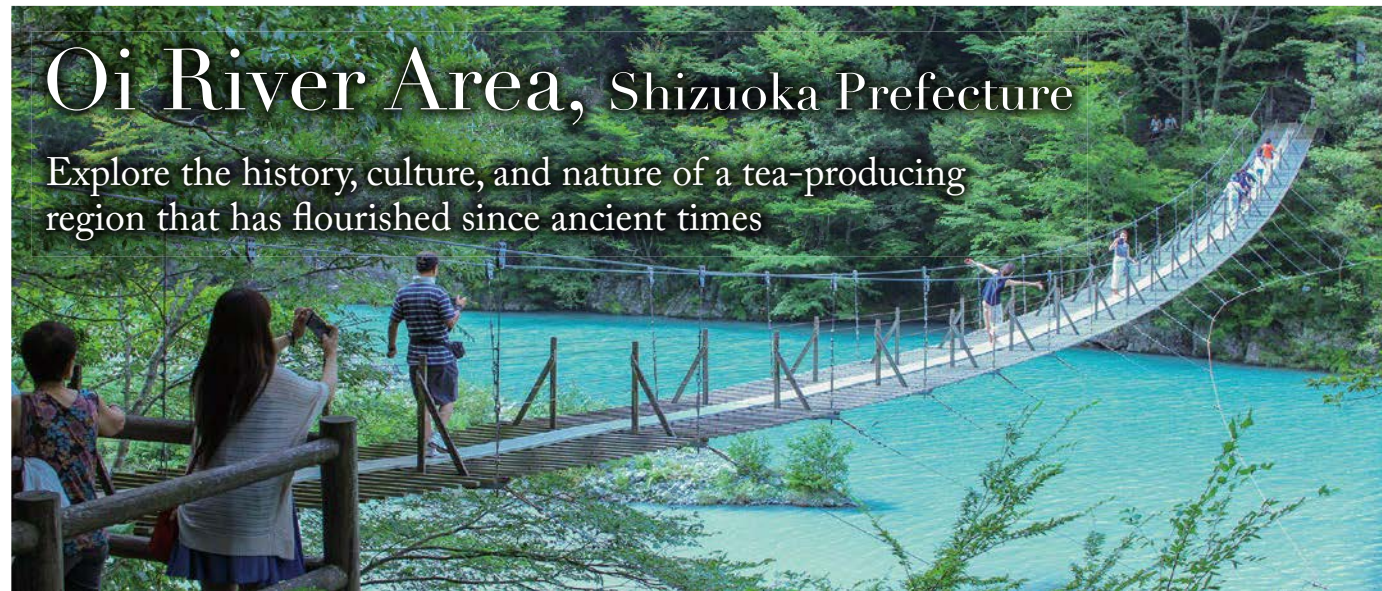
**Closed:** Wednesdays

**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).



The area surrounding the Oi River, which flows through central Shizuoka Prefecture, prospered as a major transportation hub during the Edo period (1603-1867). Thanks to the area's mild climate and clear water, agriculture—tea production in particular—has flourished here since ancient times. Visitors can learn farming techniques by harvesting crops, study tea production by visiting a tea factory, join cooking workshops run by friendly locals, and engage in various activities on the river and in the countryside.

#### Access

From Tokyo Station to Shizuoka Station on the JR Tokaido Shinkansen, then to Kanaya Station on the JR Tokaido Main Line (1 hour and 40 minutes)  
From Kanaya Station on the Oigawa Railway Oigawa Main Line to Kadode Station (10 minutes) or to Ieyama Station (30 minutes). From Ieyama Station to Senzu Station on the Choei bus (Senzu-Ieyama Line) (45 minutes). From Senzu Station to Sawama Station on the Oigawa Railway Ikawa Line (10 minutes)

#### Contact

**Oi River Farm Stay Promotion Council**

**Telephone Number:** +81 (0)54-646-5127 **Telephone Languages:** Japanese

**URL (Japanese Only):** <https://oigawa-experience.jp/>

**Email:** [k.tsuneizumi@fgdc.jp](mailto:k.tsuneizumi@fgdc.jp) **Email Languages:** Japanese and English



#### Recommended Accommodation

### Orecchi-no-Himitsukichi: Traditional House with Irori

This old traditional house with a sunken hearth (*irori*) has been renovated into a cozy inn. The playful design of the interior makes it a perfect space for relaxing alone or for chatting with friends and family. Try cooking on the sunken hearth, using ingredients brought with you or ingredients prepared by the owner (ordered in advance for an additional fee). You can also go fishing or make traditional *amazake* (a drink made from rice) or *ume* (plum) wine (for an additional fee).

**Address:** 742 Yokooka, Shimada-shi, Shizuoka Prefecture

**Telephone Number:** +81 (0)80-3674-7754 **Telephone Languages:** Japanese

**Access:** 10-minute walk from Kadode Station on the Oigawa Railway

**Check-in:** 5:00 p.m. **Check-out:** 11:00 a.m. **Rates:** Overnight stay for up to 7 people (no meals)—from ¥28,000

**Website URL (Japanese Only):** <https://ore.pepper.jp/>

**Reservation Website URL:** [https://www.airbnb.com.au/rooms/772037679700604909?source\\_impression\\_id=p3\\_1724917576\\_P30gUxbCLET1Hab7&\\_set\\_bev\\_on\\_new\\_domain=1716430624\\_YzJjNDk4ZDJjNGMz](https://www.airbnb.com.au/rooms/772037679700604909?source_impression_id=p3_1724917576_P30gUxbCLET1Hab7&_set_bev_on_new_domain=1716430624_YzJjNDk4ZDJjNGMz)



#### Recommended Restaurant

### Da Monde

This restaurant is located in KADODE OOIGAWA, an interactive gourmet wonderland featuring green tea, agriculture, and tourism. Da Monde is the first of its kind in Japan—an expansive restaurant sandwiched between steam-locomotive tracks, with incredible views. Enjoy a delicious buffet of creative dishes filled with local vegetables. Prices are from ¥2,200 per person for 90 minutes, including food, a free drink, and dessert.

**Address:** 62 Takeshita, Shimada-shi, Shizuoka Prefecture (in KADODE OOIGAWA)

**Telephone Number:** +81 (0)547-39-4073 (KADODE OOIGAWA)

**Telephone Languages:** Japanese

**Access:** Adjacent to Kadode Station on the Oigawa Railway

**Opening Hours:** 11:00 a.m.–5:00 p.m. (last seating at 2:00 p.m.)

**Closed:** Second Tuesday of the month

**Website URL (Japanese Only):** [https://kadode-ooigawa.jp/facility/fa\\_category/gourmet/](https://kadode-ooigawa.jp/facility/fa_category/gourmet/)



#### Recommended Experience

### Aitouen (Kawane Tea Café)

Kawane Tea Café is an interactive program in which Kawane-tea farmers open their homes and factories, where they prepare and serve tea to visitors. Kawane tea has long been known as a luxury tea brand, and Kawane-tea farmers are passionate about producing high-grade tea. Learn about the entire process—from cultivating the tea to harvesting and brewing it—while drinking some of this delicious tea. As of July 2024, five tea farmers participate in this program.

**Address:** 160 Motofujikawa, Kawane Honmachi, Haibara-gun, Shizuoka Prefecture

**Telephone Number:** +81 (0)547-57-2693

**Telephone Languages:** Japanese

**Access:** 7-minute drive from Senzu Station on the Oigawa Railway

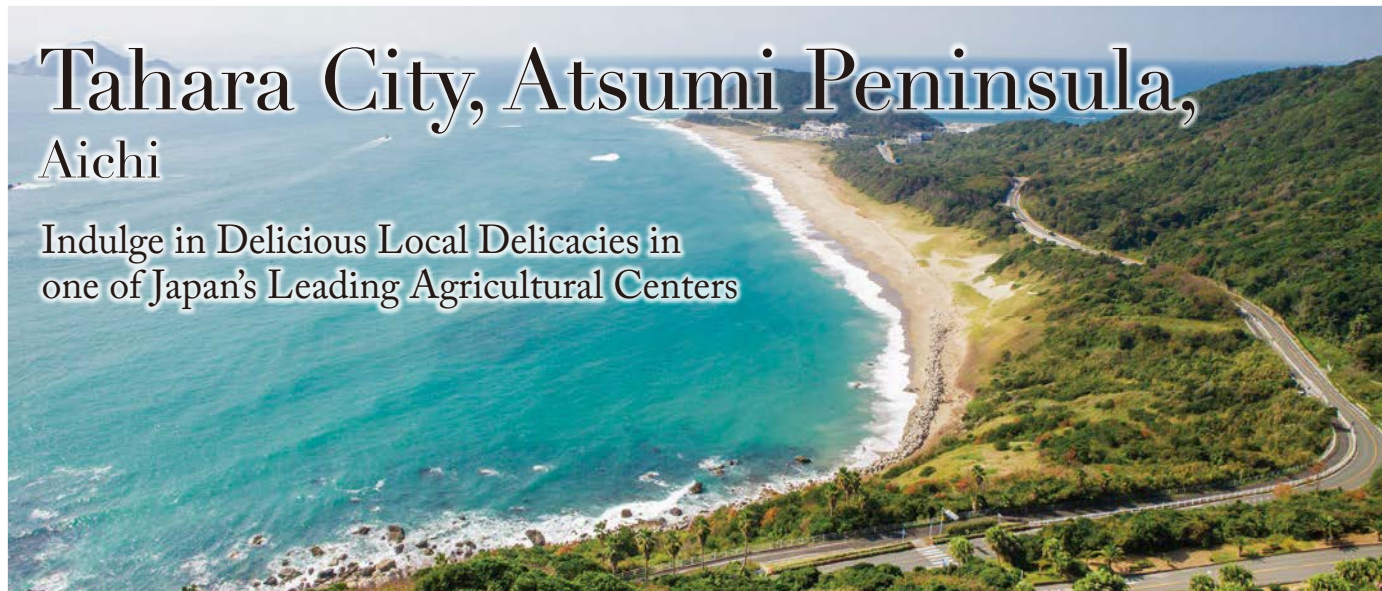
**Duration:** Negotiable

**Fee:** From ¥1,000 per person

**Website URL (Japanese Only):** <https://oi-river.com/places/166>







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 Irago 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 Irago 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 Irago 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)

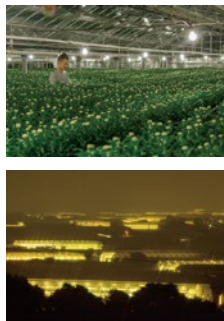
Telephone Number: +81 (0)80-6945-0836

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://dennsyoukiku.mystrikingly.com/>



Check the site



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 Takiyara Station on the Kintetsu Limited Express, JR Kisei Main Line, etc. (2 hours and 30 minutes)

From Kintetsu Nagoya Station to Takiyara Station on the Kintetsu Limited Express, JR Kisei Main Line, etc. (2 hours and 10 minutes)

From Takiyara Station to Aso Station (4 minutes), Ise-Kashiwazaki Station (11 minutes), Kawazoe Station (13 minutes), Ouchiya Station (25 minutes), or Taki Station (36 minutes)

on the JR Kisei Main Line

From Nagoya (Meitetsu Bus Center) to Takiyaranomiya-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: [taickick@ma.mctv.ne.jp](mailto:taickick@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 Ouchiya, 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 Ouchiya 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/izuhobooking>



#### 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/kiseiso/>



#### 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

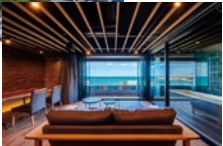
Access: From Toba Bus Center (a 4-minute walk from JR/Kintetsu Toba Station) to Chidorigahama bus stop on the Toba City Community Bus (Kamome Bus) Toba-Kuzaki Line (50 minutes). Pick-up service available from JR/Kintetsu Toba Station and Chidorigahama.

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

Access: JR/Kintetsu Toba Station

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

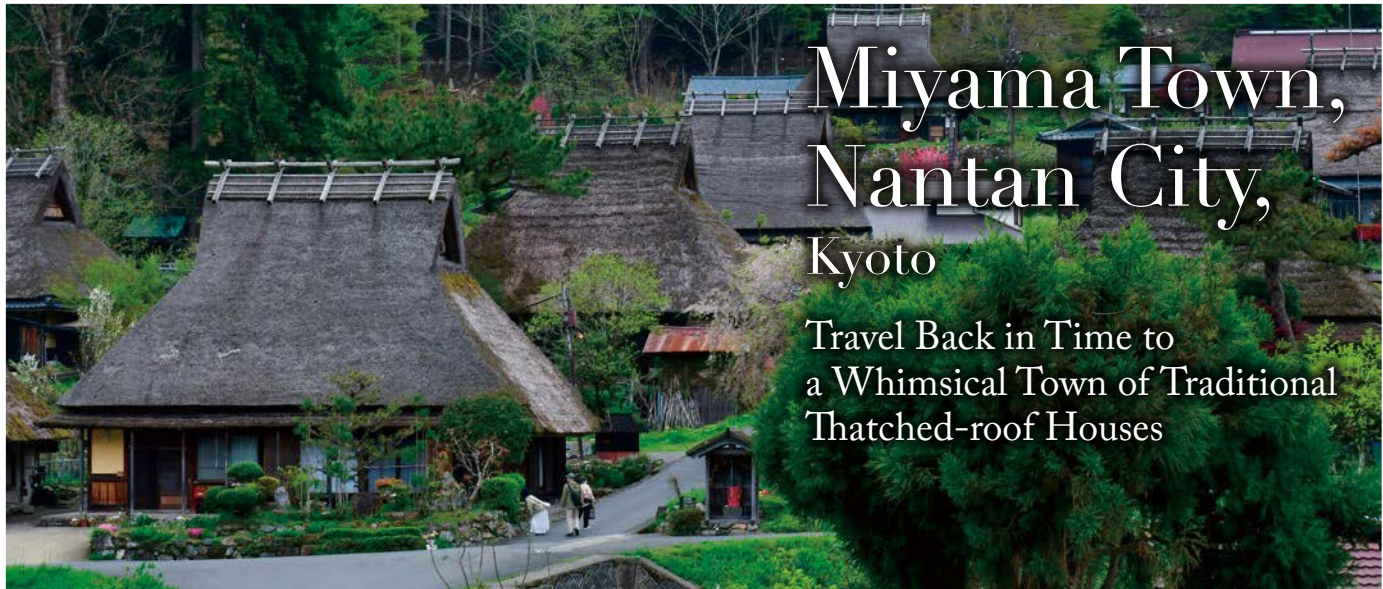
Website URL (Japanese only): <https://www.inaka-tourism.com/misugi-taikens-森林セラピー/>

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 tourism village where camping is also an option. 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.

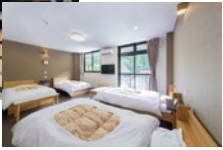
Address: 56 Naka-shimomukai, Miyama-cho, Nantan-shi, Kyoto Prefecture

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/chinsenro>



## 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-branchervillaasuka.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

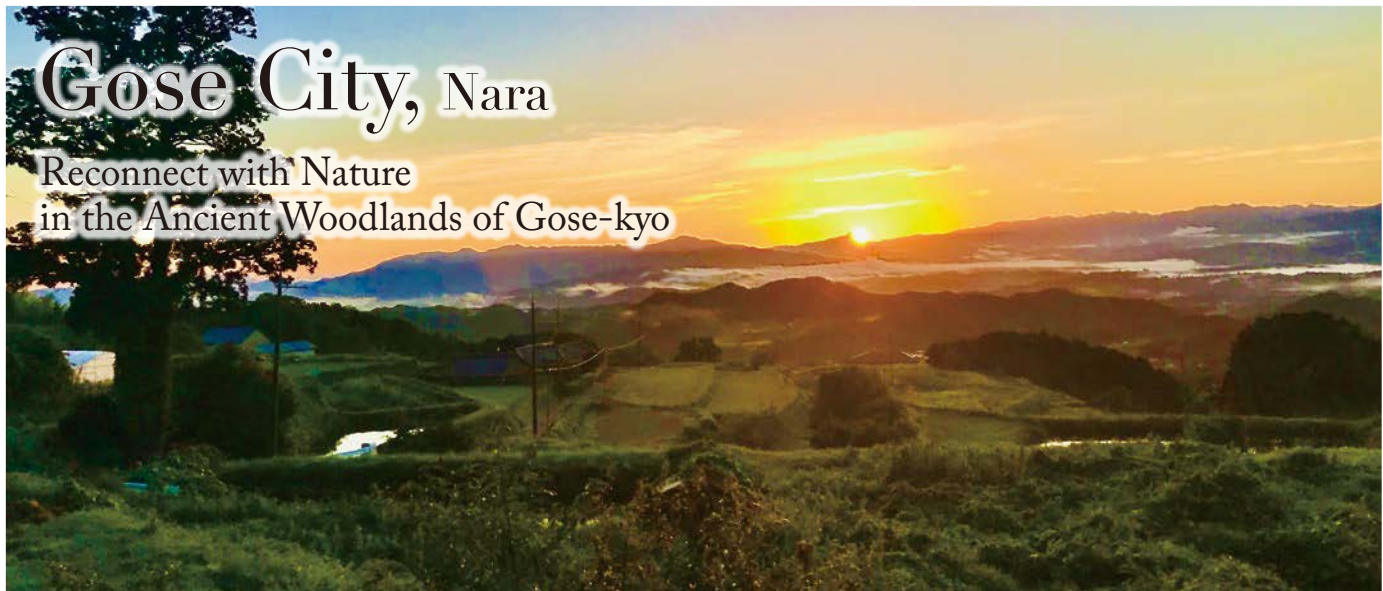
Website URL: <https://asuka-taiken.jp/experience007-2-en/>

Reservation Website URL: <https://asuka-taiken.jp/experience007-2-en/>

Reservations: Can be made on the "Details, Availability, and Reservations" page of the website.







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 Omoia-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.omoia-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, 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)

#### 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

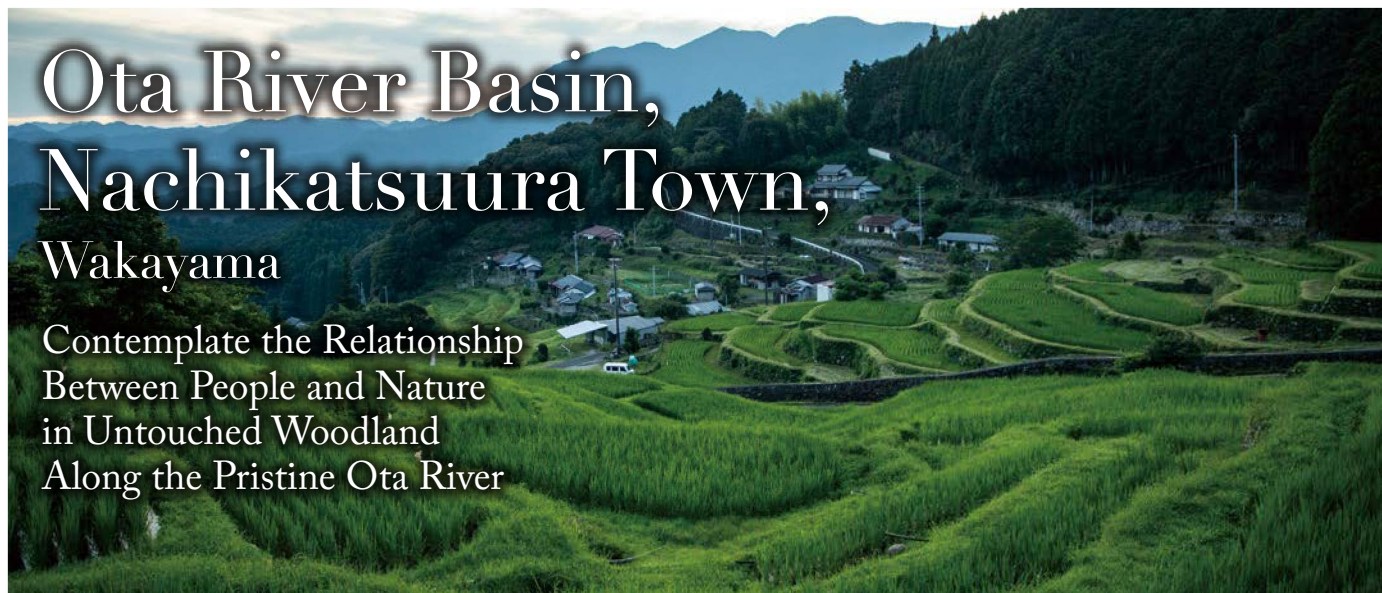
**Duration:** 1 hour

**Fee:** ¥3,300 per person (tax included)

**Website URL:** <https://yatakiya.jp/news/540/>







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



#### 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 UNWINED.

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.

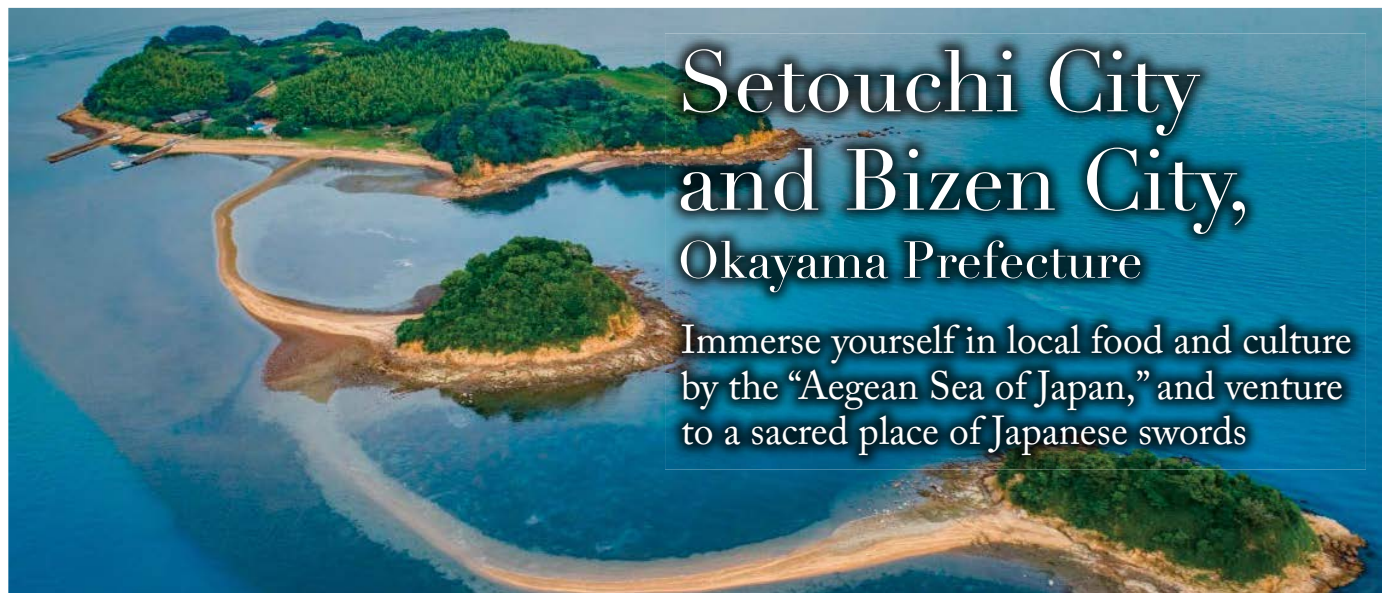
Duration: Varies by experience

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



## Setouchi City and Bizen City, Okayama Prefecture

Immerse yourself in local food and culture by the "Aegean Sea of Japan," and venture to a sacred place of Japanese swords

Setouchi City and Bizen City, located in southeastern Okayama Prefecture, are two rural areas blessed with warm weather and abundant nature. Osafune Town in Setouchi City is particularly well known for its long history of Japanese sword making, which is showcased at the popular Bizen Osafune Sword Museum. Ushimado Town in Setouchi City is known as the "Aegean Sea of Japan" thanks to its beautiful blue waters dotted with picturesque islands. Over on the coast of Bizen City, the town of Hinase is renowned for its oyster farming, with its famous oyster dishes, such as *kakioko*, putting the town on the map.

#### Access

From Okayama Station on the JR Ako Line to Oku Station (25 minutes), Osafune Station (30 minutes), or Hinase Station (55 minutes)

From Okayama Airport by car to Ushimado Town or Osafune Town in Setouchi City or to Hinase Town in Bizen City (70–80 minutes), or to the Oku Interchange on the Okayama Blue Line highway (60 minutes)

#### Contact

Setouchi City Tourism Association

Telephone Number: +81 (0)869-34-9500 Telephone Languages: Japanese and English

URL (Japanese Only): <https://www.i-setouchi.org/>

Email: [setouchikan@aqu.aocn.ne.jp](mailto:setouchikan@aqu.aocn.ne.jp) Email Languages: Japanese and English



#### Recommended Accommodation

### Nendokoro

This Japanese guesthouse, located in the scenic port town of Ushimado, was built entirely as a DIY project and was designed as a cozy place where guests can eat, sleep, play and live. Create precious memories and immerse yourself in Japanese tradition in this nostalgic house, which offers a wonderful view of the pretty port town from its second floor.

Address: 2974 Ushimado, Ushimado-cho, Setouchi-shi, Okayama Prefecture

Telephone Number: +81 (0)90-4108-1056

Telephone Languages: Japanese

Access: 25-minute drive from JR Oku Station

Check-in: 5:00 p.m. Check-out: 10:00 a.m.

Rates: From ¥5,000 per night per room plus ¥4,000 per person

Website URL (Japanese Only): <https://nendokoro.com/>



#### Recommended Restaurant

### Tamatsu Shokudo

This reservation-only restaurant, located at Tamatsu Port, serves fish from tanks set up in front of the restaurant. In addition to its fresh seafood, caught by local fishers in nearby waters, the restaurant is popular for its excellent oyster dishes, prepared by the families of local oyster fishers. Lunch is from ¥2,500, and a meal can be tailored to any budget or preference. The restaurant opens only during prime fishing season, so call ahead or check social media. Certain ingredients can be left out of dishes upon request.

Address: 4393 Shirimi, Oku-cho, Setouchi-shi, Okayama Prefecture

Telephone Number: +81 (0)80-6241-0440

Telephone Languages: Japanese

Access: 20-minute drive from Oku Station

Opening Hours: 11:00 a.m.–3:00 p.m.

Closed: Open irregular days (by reservation only); groups can be accommodated (please inquire)



#### Recommended Experience

### SAMURAI Bushido Experience: Sword Trial

Experience Bushido (the way of the warrior), the ancient samurai code of conduct reflecting the Japanese spirit. Learn about the particular Japanese values embodied in Japanese swords, which are at the same time weapons and works of art. Hold one of these swords, feeling its weight and observing its beauty, then use it to cut straw, green bamboo, and other materials with the instruction of a professional. A sword master will be present to ensure the safety of participants, who will be handling real weapons. Please obtain insurance beforehand and wear protective gear during the exercise.

Address: Bizen Osafune Sword Museum and the Sword Village, 966 Osafune, Osafune-cho, Setouchi-shi, Okayama Prefecture

Telephone Number: +81 (0)869-34-9500 (Reservations: Setouchi City Tourism Association)

Telephone Languages: Japanese and English

Access: 7-to-10-minute drive from JR Osafune Station

Duration: 1 hour and 30 minutes

Fee: Approximately ¥60,000 per person, depending on the number of people per session (maximum of 5 people)

Reservations: Reservations must be made by phone or e-mail ([info@i-setouchi.org](mailto:info@i-setouchi.org)) at least 3 weeks in advance (closed on Tuesdays).







**Hagi City, Yamaguchi Prefecture**  
Tradition, culture, and character dating back to the time of the samurai! Explore the Edo-period city of Hagi.

#### Access

From Yamaguchi Ube Airport or Iwami Airport (a.k.a. Hagi-Iwami Airport) to central Hagi by Hagi Kintetsu Taxi share ride (1 hour and 10–15 minutes)  
From JR Shin-Yamaguchi Station on the Bocho Kotsu bus (JR Bus Chugoku Super Hagi) to Hagi Bus Center (about 1 hour and 5–25 minutes) or to JR Higashi-Hagi Station (1 hour and 10–30 minutes)

#### Contact

**Hagi City Furusato Tourism Promotion Council**  
Telephone Number: +81 (0)90-4613-9018 Telephone Languages: Japanese  
URL: <https://hagi-tourism.com/en>  
Email: [hagimae698@gmail.com](mailto:hagimae698@gmail.com) Email Languages: Japanese and English



#### Recommended Accommodation

##### Hagi Homestay (Yoshida Family)

Yukinaga Yoshida and his wife, Minae, are third-generation pear farmers in the Ogawa district, one of the leading fruit-tree production areas in Yamaguchi Prefecture. This friendly couple welcomes guests to their farm, where they grow more than twenty varieties of pears every year, including some rare varieties. The farm has a handcrafted pavilion and a pizza oven, and visitors can make their own pizza or have a pear picnic in the pavilion. The farm's wood-fired, soft-water baths are especially popular. Yoshida also serves as chairman of the Hagi City Furusato Tourism Promotion Council. English support is available via a translation app.

**Address:** Ogawa District, Hagi City, Yamaguchi Prefecture  
**Telephone Number:** +81 (0)90-4613-9018 (Hagi City Furusato Tourism Promotion Council; contact: Miyazaki)  
**Telephone Languages:** Japanese only  
**Access:** 1-hour drive from central Hagi or 30-minute drive from Hagi-Iwami Airport (pickup also available, contact for details)  
**Check-in:** 3:00 p.m.–6:00 p.m. (negotiable) **Check-out:** 8:00 a.m.–10:00 a.m. (negotiable)  
**Rates:** ¥14,400 per person per night with 2 meals (available for 2–5 people)  
**Website URL (Japanese Only):** <https://hagi-tourism.com/program/173/> **Reservation Website URL (Japanese Only):** <https://hagi-tourism.com/contact/>



#### Recommended Restaurant

##### Kako 176

Included in the Important Preservation District for Groups of Traditional Buildings in Hamasaki, this 200-year-old building retains the classic merchant-house *shitomi* (wooden shutters) yet has been fully renovated for the utmost comfort of guests. The restaurant serves French cuisine, and the café offers tea, Japanese sweets, Taiwanese sponge cakes, and Western confections. A small store sells the same type of tableware as that used in the restaurant—ideal for a whimsical souvenir. French language spoken.

**Address:** 176 Hamasaki-cho, Hagi-shi, Yamaguchi Prefecture  
**Telephone Number:** +81 (0)838-21-5210  
**Telephone Languages:** Japanese only  
**Access:** 20-minute walk from JR Higashi-Hagi Station  
**Opening Hours:** 11:30 a.m.–4:00 p.m. (Friday and Saturday: 11:30 a.m.–4:00 p.m. and again from 6:00 p.m.)  
**Closed:** Mondays and Tuesdays  
**Website URL:** [https://futatsugai.jp/kako176/rikki\\_en/](https://futatsugai.jp/kako176/rikki_en/)  
**Reservation Website URL:** [https://futatsugai.jp/reservation/reservation\\_rikki\\_en/](https://futatsugai.jp/reservation/reservation_rikki_en/)

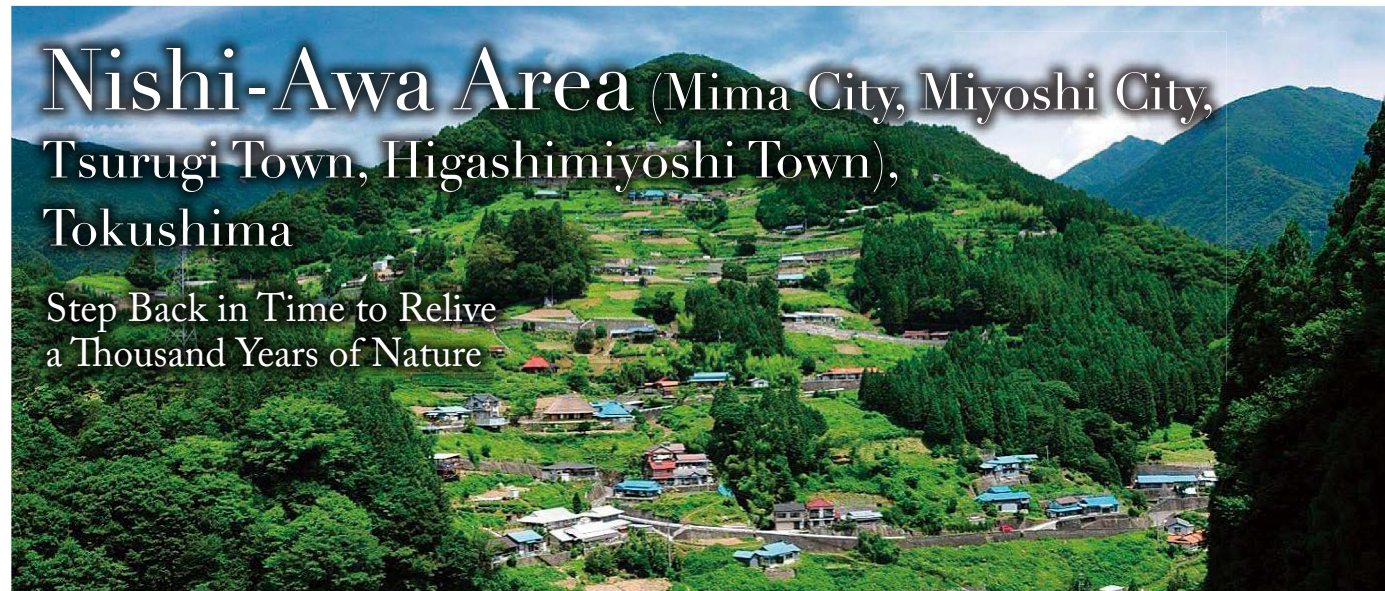


#### Recommended Experience

##### Guided Cycling Tour in Hagi with Sake-Brewery Visit

Hagi's delicious sake is famed throughout Japan, so why not explore its rich sake culture by e-bike? Cycle past the rice paddies where the sake rice is grown, and visit the spring-water sources, sake breweries, and other sake hot spots. Available from March to December (and in winter by request).

**Address:** Yachiyo Shuzo, 3306 Kibeshimo, Hagi-shi, Yamaguchi Prefecture **Telephone Number:** +81 (0)90-4613-9018 (Hagi City Furusato Tourism Promotion Council; contact: Miyazaki)  
**Telephone Languages:** Japanese **Access:** 30-minute drive from JR Higashi-Hagi Station; or 40-minute bus ride from Hagi Bus Center on the Bocho Kotsu bus bound for Tsuwano Bus Center to Kibe bus stop, then a 1-minute walk.  
**Duration:** 3 hours and 30 minutes **Fee:** ¥13,500–¥19,800 (range for a solo participant)  
**Website URL:** <https://www.tripadvisor.com/AttractionProductReview-g1023690-d23257446-Guided-Cycling-tour-in-Hagi-with-Sake-Brewery-Visit-Hagi-Yamaguchi-Prefecture-Chu.html>  
**Reservation Website URL:** <https://www.tripadvisor.com/AttractionProductReview-g1023690-d23257446-Guided-Cycling-tour-in-Hagi-with-Sake-Brewery-Visit-Hagi-Yamaguchi-Prefecture-Chu.html>  
**Reservations:** Reservations can be made on the above reservation site (Tripadvisor), or through social media.



**Nishi-Awa Area (Mima City, Miyoshi City, Tsurugi Town, Higashimiyoshi Town), Tokushima**  
Step Back in Time to Relive a Thousand Years of Nature

#### 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

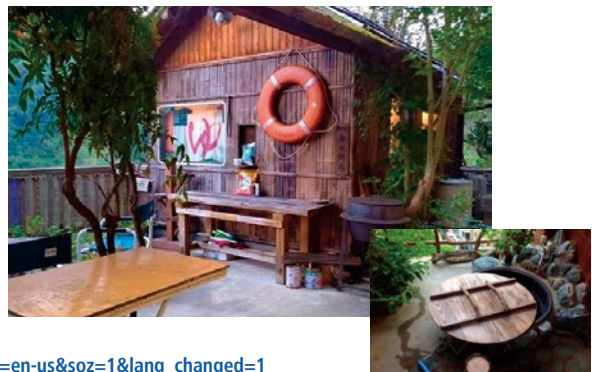


#### Recommended Accommodation

##### 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 Higashiiyakyoyo, 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)

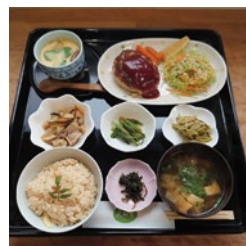


#### Recommended Restaurant

##### 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, Nishiiyayamamura, 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)

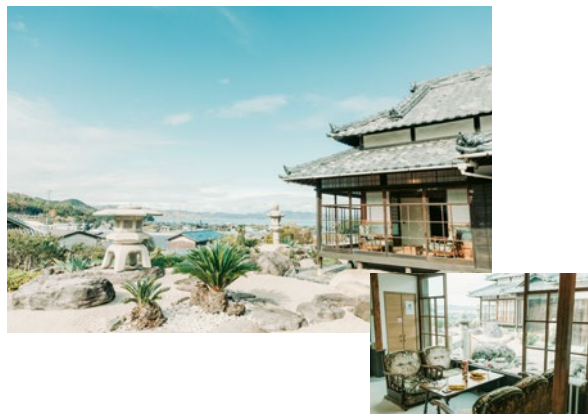


## Recommended Accommodation

### 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://www.6.489pro.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.

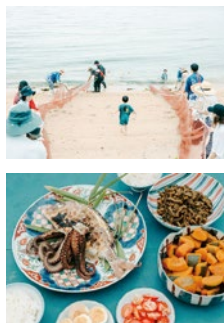


## Recommended Experience

### 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/>





# Yame Fukushima, Yame City,

## Fukuoka Prefecture

Experience traditional handicraft culture in a Japanese village nestled amongst idyllic tea plantations

Yame City is a thriving traditionally agricultural town located in southern Fukuoka Prefecture. Its rich culinary culture, passed down for generations, is enhanced by the area's leading status in Japanese-tea production. Yame Fukushima, which flourished as a castle town in the Edo period (1603-1867), retains its traditional, white-walled townscape, and visitors can enjoy staying at old private homes renovated as inns. Try your hand at making traditional handicrafts, such as Japanese paper, woven-bamboo baskets, and indigo-dyed Kurume-gasuri. The town's sake, which was developed to pair well with the local cuisine, is also highly recommended.

### Access

From Hakata Station to Hainuzuka Station on the JR Kagoshima Main Line (50 minutes)  
From Fukuoka Airport to Hakata Station on the Nishitetsu Bus bound for Hakata Station  
or on the Fukuoka City Subway Airport Line, then to Hainuzuka Station  
on the JR Kagoshima Main Line (1 hour and 30 minutes)



### Recommended Accommodation

## RITA Yame Fukushima

This atmospheric hotel is a renovated 100-year-old traditional Japanese house. True to its motto "stay somewhere that feels like home," the hotel envelops lucky guests in true Japanese hospitality from check-in to checkout. A healthy vegetable breakfast is available, and hotel staff can assist guests in exploring the traditional town.

**Address:** 13-1 Honmachi, Yame-shi, Fukuoka Prefecture

**Telephone Number:** +81 (0)943-24-2233 **Telephone Languages:** Japanese and English

**Access:** 15-minute drive from JR Hainuzuka Station **Check-in:** 3:00 p.m. **Check-out:** 10:00 a.m.

**Rates:** From ¥25,000 per night with breakfast **Accepted Credit Cards:** VISA/Mastercard/AMEX/JCB

**Bedroom:** Available for up to 6 people (with lock); Western beds

**Bathroom:** Bathroom available (with lock); bathtub available from check-in to checkout

**Toilet:** Western style **Meals:** Breakfast **Wi-Fi:** Available

**Website URL (Japanese Only):** <https://rita-yame-fukushima.jp/>

**Reservation Website URL:** [https://reserve.489ban.net/client/rita-yamefukushima/4/plan?plan\\_type=stay](https://reserve.489ban.net/client/rita-yamefukushima/4/plan?plan_type=stay)



### Recommended Restaurant

## Ritaan

The main dining room at RITA Yame Fukushima serves seasonal dishes of local vegetables in the traditional style of the Yame region. The food is prepared exclusively by skilled locals who have been cooking with these niche ingredients for years. Enjoy traditional dishes served with a contemporary flourish. Dinner is also available for non-guests.

**Address:** RITA Yame Fukushima, 13-1 Honmachi, Yame-shi, Fukuoka Prefecture  
**Telephone Number:** +81 (0)943-24-2233 (RITA Yame Fukushima)

**Telephone Languages:** Japanese and English

**Access:** 15-minute drive from JR Hainuzuka Station

**Opening Hours:** 10:00 a.m.–6:00 p.m.

**Closed:** Open every day

**Cuisine:** Japanese cuisine and traditional cuisine

**Foreign-Language Menu:** Available

**Accepted Credit Cards:** VISA/Mastercard/AMEX/JCB

**Website URL (Japanese Only):** <https://www.instagram.com/rita.yamefukushima/>



### Recommended Experience

## Yame Tea Plantation Tour and Artisanal Brewing Workshop

In this immersive tour, RITA Yame Fukushima guests can personally discover Yame tea. Visit Yame tea farmers and learn about tea cultivating, picking, and brewing. This prime tea-production area has a 600-year history, making it an ideal place to dive deep into the culture of tea.

**Address:** RITA Yame Fukushima, 13-1 Honmachi, Yame-shi, Fukuoka Prefecture  
**Telephone Number:** +81 (0)943-24-2233 (RITA Yame Fukushima)

**Telephone Languages:** Japanese and English

**Access:** 15-minute drive from JR Hainuzuka Station

**Duration:** 2 days, 1 night

**Fee:** From ¥28,000 per night including breakfast and experience

**Languages Supported:** Japanese and English

**Accepted Credit Cards:** VISA/Mastercard/AMEX/JCB

**Website URL (Japanese Only):** <https://www.crossroadfukuoka.jp/experience/15048>

**Reservations:** Reserve via JTB BOKUN (TBC)



# Shimabara City,

## Nagasaki Prefecture

Play, learn, and connect:  
the authentic Japan experience

Located on the Shimabara Peninsula in southeastern Nagasaki Prefecture, Shimabara City has rich nature, a historical Christian legacy, and a deep-rooted traditional Japanese lifestyle. The city is known for its authentic Japanese culture, delicious food, and friendly locals. Visitors can relax in the old castle-town's cafés and inns, which are housed in former samurai residences or in old private homes, and also engage in lots of fun outdoor activities.

### Access

From Nagasaki Airport to Isahaya Station on the Nagasaki Airport Kenei Bus, then to Shimabara Station

on the Shimabara Railway (2 hours and 10 minutes)

From Nagasaki Station to Isahaya Station on the JR Nagasaki Main Line, then to Shimabara Station

on the Shimabara Railway (1 hour and 50 minutes)

From Kumamoto Port to Shimabara Port on the Kumamoto Ferry (30 minutes to 1 hour)

From Shimabara Port to Unzen Onsen on the Shimabara Railway bus bound for Isahaya Station

(40 minutes)

### Contact

**Shimabara City New Countryside Stay Japan**

**Telephone Number:** +81 (0)90-4602-1860 **Telephone Languages:** Japanese only

**URL:** <https://tono-yamasatonet.com/tabisite/eng/> **Email:** info@bravooo.fun **Email Languages:** Japanese and English



### Recommended Accommodation

## Bravo World

This traditional guesthouse occupies a 120-year-old two-story farmhouse. Enjoy the atmosphere of this classic Japanese house, including the cozy bedrooms featuring exposed wooden beams. Next to the guesthouse is a renovated two-story former private home, which can be used to hold events for around 50 people, such as concerts or workshops. The site measures approximately 4,000 square meters and can be used for outdoor events like barbecues or parties.

**Address:** 2482-3, Jichu-machi, Shimabara-shi, Nagasaki Prefecture

**Telephone Number:** +81 (0)90-4602-1860 **Telephone Languages:** Japanese and English

**Access:** 10-minute drive from Shimabara Station **Check-in:** 11:00 a.m.–7:00 p.m. **Check-out:** Noon

**Rates:** From ¥15,000 per night with 2 meals (per person based on double occupancy)

**Website URL (Japanese Only):** <https://bravooo.fun/>



### Recommended Restaurant

## Inohara Kanamono & Café Hayamegawa & Gallery

This café is inside the Inohara Kanamono Store, established in 1877. In addition to Shimabara's specialty dessert *kanzarashi*, the café serves *somen* noodles, curry made with fresh local vegetables, and coffee made with spring water. The building is a reconstruction of a late Edo-period (1603-1867) townhouse and is designated a Tangible Cultural Property of Japan.

**Address:** 912 Ueno-machi, Shimabara-shi, Nagasaki Prefecture

**Telephone Number:** +81 (0)957-62-3117

**Telephone Languages:** Japanese

**Access:** 5-minute walk from Shimabara Railway Shimabara Station

**Opening Hours:** 11:00 a.m.–5:30 p.m. (last order at 5:00 p.m.); Inohara Kanamono Store: 9:30 a.m.–6:30 p.m.

**Closed:** Wednesdays and Thursdays (Inohara Kanamono Store open on Wednesdays)

**Website URL (Japanese Only):** <https://www.inohara.jp/>



### Recommended Experience

## Experiences taking place in a former elementary school

In this facility located in the unexplored Tonosaka Village in Minami-Shimabara, visitors can participate in various nature and Japanese-culture programs, such as Japanese-food preparation, processed-food making, and agricultural experiences. Visitors can learn about Japan's unique sustainability practices and techniques, which have been passed down for generations in mountainous woodland villages such as this.

**Address:** 4421 Nagano, Nishiarie-cho, Minami Shimabara-shi, Nagasaki Prefecture **Telephone Number:** +81 (0)80-8395-2435 (Tonosaka Forest School) **Telephone Languages:** Japanese and English **Access:** 40-minute drive from Shimabara Railway Shimabara Station, or 10-minute drive from Unzen Onsen

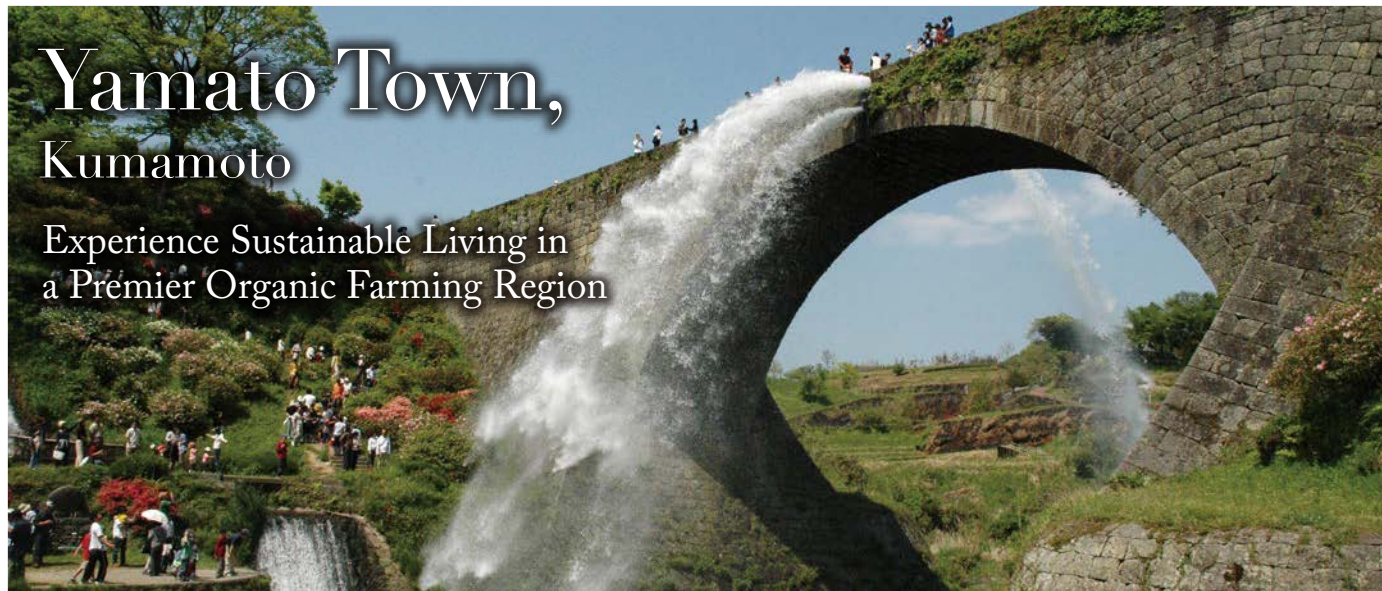
**Duration:** Short stay (day trip) 3–5 hours; long stay (overnight) 8–18 hours **Fee:** Short stay (day trip): ¥5,000 to ¥10,000 per person; long stay: ¥15,000 to ¥20,000 per person per night

**Website URL (Japanese Only):** <http://tonsaka.fun>

**Reservations:** Book through the official website







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)



Ogimi Village is located in the northern part of Okinawa main island, which has been designated a “blue zone” because of its residents’ impressive longevity. Known for its contribution to the research of Héctor García and Francesc Miralles for their bestseller *Ikigai: The Japanese Secret to a Long and Happy Life*, the village attracts many visitors seeking the key to a long life. Ogimi is rich in nature, including beautiful oceans and mountains, and is included in the area registered as a World Natural Heritage site. A variety of authentic local experiences are available, covering everything from food and culture to history and lifestyle.

#### Access

From Naha Airport to Nago Bus Terminal on the Yanbaru Express Bus or other express buses (1 hour and 40 minutes to 2 hours)

From Nago Bus Terminal on the Hentona Line (operated jointly by Ryukyu Bus Kotsu and Okinawa Bus) to the Roadside Station Ogimi Visitor Center bus stop (38 minutes) or to Oganeku bus stop (40 minutes)

#### Contact

##### NPO Ogimi Marugoto Tourism Association

Telephone Number: +81 (0)980-44-1960 Telephone Languages: Japanese only

URL (Japanese Only): <https://ogimi-tourism.com/>

Email: [marutsu.okinawa@tmt.ne.jp](mailto:marutsu.okinawa@tmt.ne.jp) Email Languages: Japanese and English



#### Recommended Accommodation

### Igimi Farmhouse Stay

Farmhouse stays allow visitors to become immersed in the Okinawan countryside and to interact with the local people, making them feel as if they were in their own hometown. Try a variety of sustainable experiences that make the most of the natural environment and the local life and culture, such as cooking, farming, manufacturing, and touring the village. There are approximately thirty private homes that can be used as accommodation.

Address: Varies by facility

Telephone Number: +81 (0)980-44-1960 (NPO Ogimi Marugoto Tourism Association)

Telephone Languages: Japanese

Access: Varies by facility Check-in: Negotiable Check-out: Negotiable

Rates: ¥15,400 per night with 2 meals; ¥16,500 per night with 3 meals

Website URL (Japanese Only): <https://ogimi-tourism.com/>



#### Recommended Restaurant

### Emi-no-Mise

Dedicated to a cuisine that promotes longevity, this restaurant uses vegetables grown on the island specifically for local consumption. The kinds of ingredients in its traditional dishes are those found in recipes that have been passed down through generations since ancient times. Enjoy a cuisine vibrating with the rhythms of local life, bursting with the essence of earth and sea, and filled with innate natural wisdom. In addition to set meals made with healthy ingredients, the restaurant offers à la carte dishes perfect for sampling seasonal vegetables.

Address: 61 Oganeku, Ogimi-mura, Kunigami-gun, Okinawa Prefecture

Telephone Number: +81 (0)980-44-1960 (NPO Ogimi Marugoto Tourism Association)

Telephone Languages: Japanese Access: 10-minute walk from Oganeku bus stop

Opening Hours: 9:00 a.m.–5:00 p.m. [Meals served 11:30 a.m.–3:00 p.m. (last order)] \*Reservations required at least one day in advance Closed: Tuesday–Thursday

Website URL: <https://eminomise.com/en>



#### Recommended Experience

### Trekking & Exploring at Ta-taki Waterfall

Embark on a nature tour through the forests of northern Okinawa. Trek with a local guide to the ten-meter-high Ta-taki Waterfall in the Yanbaru forest. Wade leisurely through the natural river to the waterfall basin, where the power of nature will rejuvenate your body and soul.

Meeting Place: Yanbaru Forest Visitor Center, Roadside Station Ogimi, 95 Tsuha, Ogimi-mura, Kunigami-gun, Okinawa Prefecture

Telephone Number: +81 (0)980-44-1960 (NPO Ogimi Marugoto Tourism Association)

Telephone Languages: Japanese

Access: 3-minute walk from Roadside Station Ogimi Visitor Center bus stop

Duration: 2 hours

Fee: ¥7,550

Website URL (Japanese Only): <https://ogimi-tourism.com/option/shizen/taataki-and-torekking/>

Reservations: Use the application form on the official website.





