



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 mountains 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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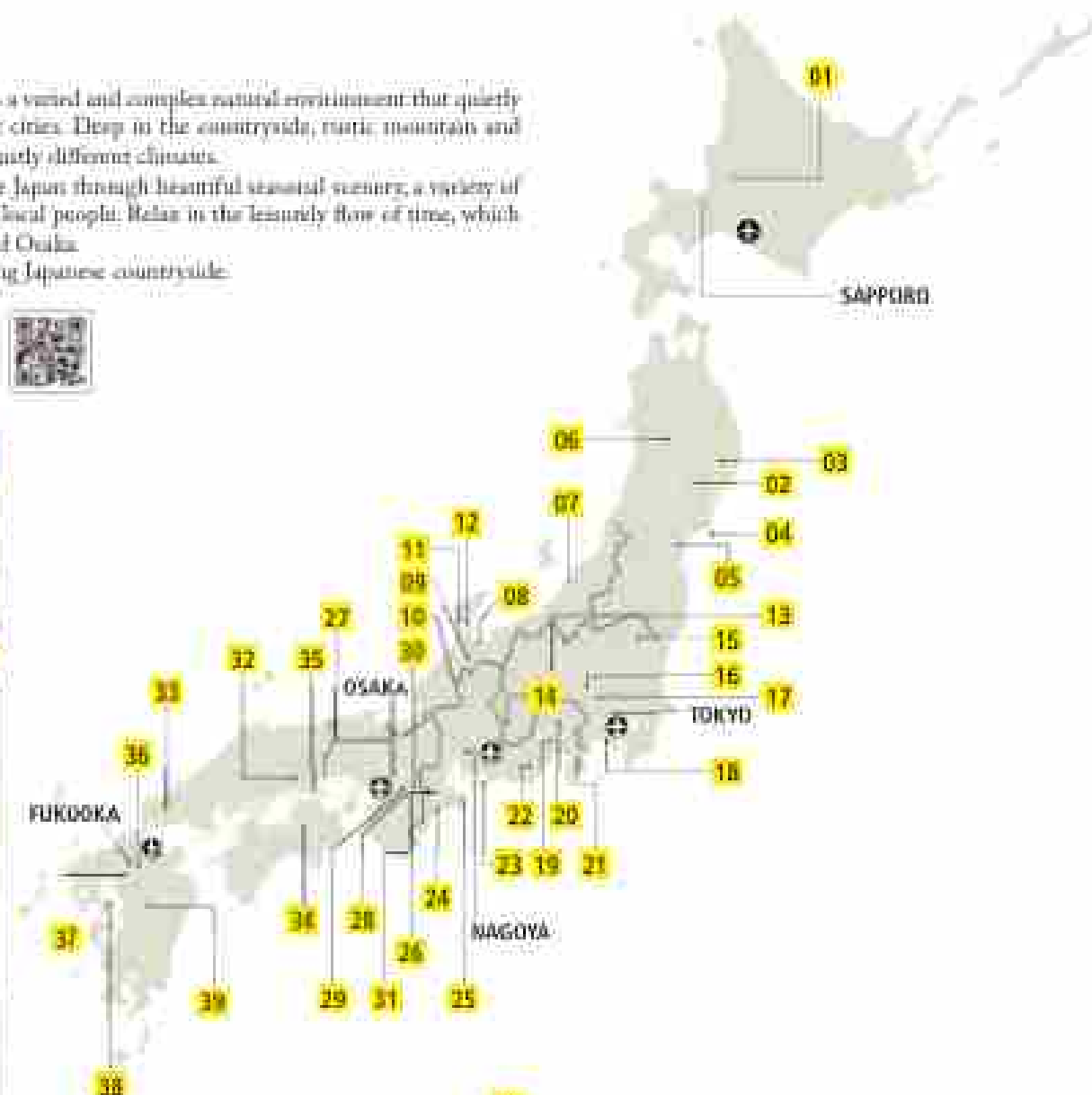
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Discover the beauty of the Japanese countryside, from the mountains to the sea. Experience the traditional way of life, from the way of life to the way of life. Discover the beauty of the Japanese countryside, from the mountains to the sea. Experience the traditional way of life, from the way of life to the way of life.

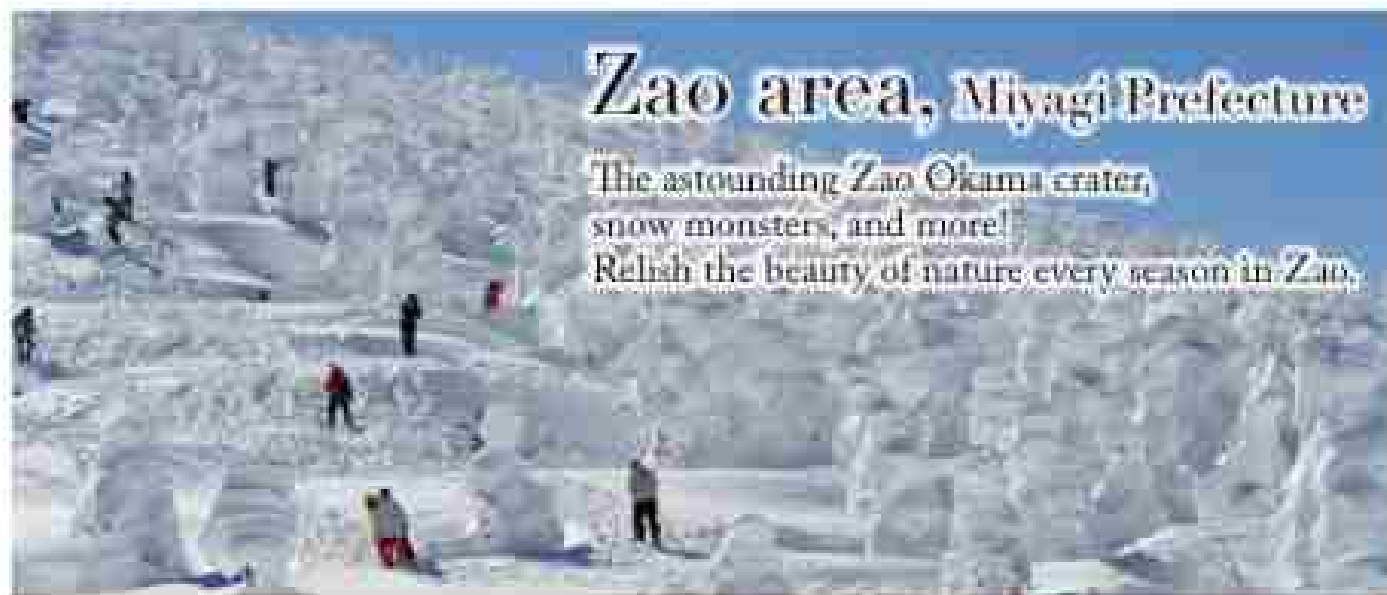
Dining

Discover the beauty of the Japanese countryside, from the mountains to the sea. Experience the traditional way of life, from the way of life to the way of life. Discover the beauty of the Japanese countryside, from the mountains to the sea. Experience the traditional way of life, from the way of life to the way of life.

Experience rural life in the untouched woodlands of ancient Japan

Experience Seaside Living in a Small Town
Surrounded by Nature

10



Zao area, Miyagi Prefecture

The astounding Zao Okama crater, snow monsters, and more!
Relish the beauty of nature every season in Zao.

At the foot of the Zao mountain range in northeastern 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 wide range of exciting seasonal attractions—epic walks on a snow wall in spring, excursions to the Okama crater in summer, rows of amazing colorful foliage in autumn, and journeys to see the giant redwood trees called *sugi* monsters in winter. Visitors can also get to know the local culture through agricultural activities, pottery making, fabric dyeing, and *tsukushi* (Japanese wooden doll) painting, or they can relax at leisure spots such as Miyagi Zao Kinsui Spa and Spaland SUGO.

Access

From Tokyo Station to Sendai Station via the JR Tohoku Shinkansen (2 hours)
From Sendai Station to Yamaguchi Station via the JR Tohoku Shinkansen (20 minutes)
From Sendai Station to Zao Onsen Station via the Miyagi Bus Rapid Bus Matsuzaki Zao Bus or Sugata Bus (about 1 hour)
From Sendai Airport to Sendai Station on the Sendai Airport Railway (Sendai Airport Access Line) or on the Tohoku Main Line from the Sendai Station (JR Tohoku Shinkansen 10 minutes)
From Yamaguchi Station to Yamaguchi Station via the JR Tohoku Shinkansen (10 minutes)

Contact

SAIA Co., Ltd.
URL: <https://saia.co.jp/en/visit/zao/>
Email: salia@saia.co.jp Email Language: All languages



Recommended Accommodation

Sansuien "Michi"

Experience Japanese culture in comfort at our 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-gum bath filled with mineral hot spring water is a popular feature.

Address: 4-170 Hachiyama, Tagata Town, Tanabe-gun, Miyagi Prefecture
Telephone Number: +81 0224 24 1152 Telephone Language: Japanese and English
Access: 10 minutes drive from JR Sendai Station
Check-in: 15:00-19:00 JST Check-out: 10:00-12:00 JST Rates: From ¥5,500 for 2 people per night (taxes included)
Website URL: <https://www.sansuiinn.com/en/miyagi/sansuiinn/michi/>
Reservation Website URL: <https://www.sansuiinn.com/en/miyagi/sansuiinn/michi/>



Recommended Restaurant

Yam Specialty Store, Zao Kozumazakayama

This yam specialty restaurant serves a seasonal 10-course set menu in Tagata Onsen. Its taste graded yam is highly nutritious, ideal for a healthy winter diet. Enjoy the view through the old building while dining on locally grown ingredients, including many yam dishes, in our wood-fired *izukushi*.

Address: 4-1 Kozumazakayama, Tagata Town, Zao-machi, Aomori Prefecture
Telephone Number: +81 0224 44 1122
Telephone Language: Japanese and English
Access: 10 minutes drive from JR Tagata Station
Opening Hours: 11:00 am-10:00 pm
Closed: Mondays and Tuesdays (closed the following Wednesday if either day falls on a national holiday)
Website URL (Japanese Only): <https://kumazaki-yam.com/>

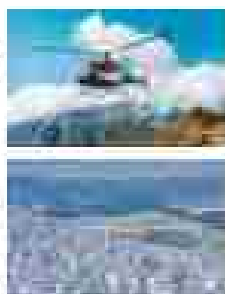


Recommended Experience

Mount Zao Helicopter Tour and Glamping Experience

Take helicopter tours and the glamping experience "Michi." Fly through the sky above Mount Zao to see the Okama crater, which is off limits to hikers during the winter season, and descend from above to the mountain's famous snow-covered slopes. The glamping experience includes sightseeing for a delicious barbecue. To take part, select the recommended plan that includes the helicopter ride when booking your stay.

Address: 4-170 Hachiyama, Tagata Town, Tanabe-gun, Miyagi Prefecture
Telephone Number: +81 0224 24 1152 (for the Sendai Reception Center)
Telephone Language: Japanese and English Access: 30 minutes drive from JR Sendai Station Duration: 90 minutes. Not valid by snow
Website URL: <https://www.sansuiinn.com/en/miyagi/sansuiinn/michi/>
Reservation Website URL: <https://www.sansuiinn.com/en/miyagi/sansuiinn/michi/>
Reservations: Booked on the reservation site.



Semboku City, Akita

Semboku City Eco-Conscious Tourism
"Smile in the Countryside"

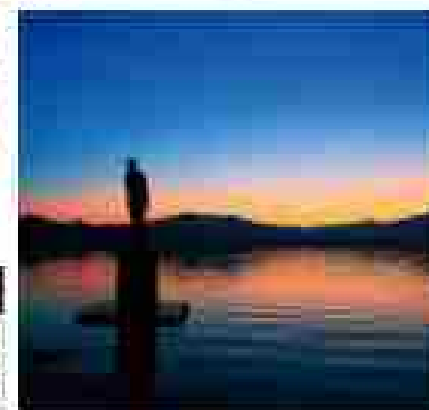
Semboku City is a tourist destination that represents the best that Akita Prefecture has to offer, with wonders like the Nyusu Onsenko hot spring resort, the massive residences of Kakunodate Bakenobori Forest, and Lake Yamanaka, the deepest lake in Japan. Visitors can reap a multiplicity of natural, historical, and cultural attractions. Semboku is also a leader in green tourism, with handsome accommodations and other local working feelings 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 Sendai Station (2 hours and 10 minutes)
From Sendai Station to Semboku Station (JR Tohoku Shinkansen 1 hour and 10 minutes)
From Semboku Station to Kakunodate Station (JR Akita Shinkansen 1 hour and 10 minutes)
From Semboku Station to Semboku Station (JR Tohoku Shinkansen 1 hour and 10 minutes)
From Semboku Station to Semboku Station (JR Tohoku Shinkansen 1 hour and 10 minutes)

Contact

Semboku City Rural Experience Association
URL: <https://semboku-city.jp/en/>
Telephone Number: +81 0187 40 2211 Telephone Language: Japanese, English
Email: info@semboku-city.jp Email Language: Japanese, English

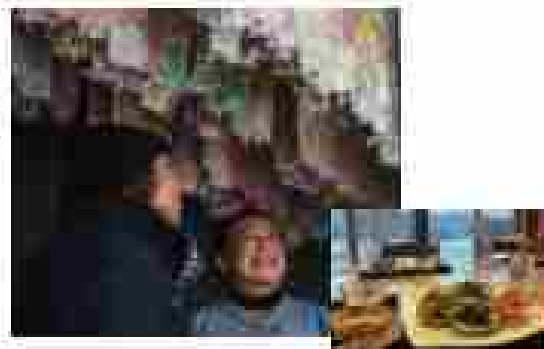


Recommended Accommodation

Seisetsukan

Located in a peaceful farm village, a short distance from Lake Tazawa, this pension has a dining room with a terrace, a hot spring bath, a guest room, and a bathroom on the second floor, and a kitchen where guests can prepare their own meals. The food and meals are prepared by local farmers using vegetables harvested that day. Guests can also try their hand at making *kimono*, *akita*, *akita*, or engage in bartering around local vegetables.

Address: 400-0000, Seisetsukan, Semboku City, Semboku-gun, Akita Prefecture
Telephone Number: +81 0187 40 1144 Telephone Language: Japanese
Access: Public service available from Semboku Station via the Akita Bus Line
Check-in: 15:00-19:00 JST Check-out: 10:00 JST
Rates: From ¥1,000 per person per night (taxes included) From ¥1,000 per person per night (taxes included)
Website URL: <https://seisetsukan.jp/en/seisetsukan/>
Reservation Website URL: <https://seisetsukan.jp/en/seisetsukan/>

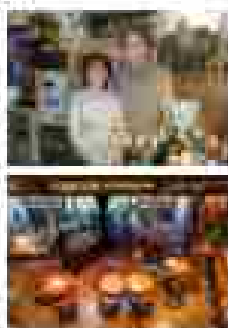


Recommended Restaurant

Cafe+Inn That Sounds Good!

This cafe+inn is located just a 10-minute walk from Lake Tazawa. The spacious hall, filled with natural materials, serves as a cafe and bar in the morning and as a restaurant, serving locally sourced coffee and light meals, such as homemade *kimono* and *akita*. Regular live jazz performances by local bands.

Address: 100-0000, Semboku, Semboku City, Semboku-gun, Akita Prefecture
Telephone Number: +81 0187 40 2211
Telephone Language: Japanese, English
Access: From JR Semboku Station, take the Akita Bus Line, to Semboku Station (10 minutes), then walk for 10 minutes.
Opening Hours: 10:00 am-11:00 pm, 11:00 am-10:00 pm on Saturdays, Sundays and national holidays
Closed: Regular holidays
Website URL: <https://seisetsukan.jp/en/seisetsukan/>

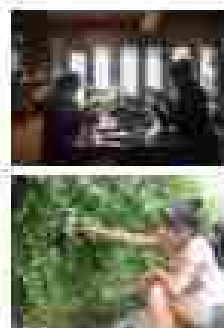


Recommended Experience

Farmstay

Semboku City is home to approximately 10 semi-rural facilities, many of which are open for business. Each facility has a distinctive character and shares all its joys—live close with visitors who connect freely with guests to provide perfect for enjoying the good life of a farming village. Visitors can also participate in activities such as bartering or making local dishes.

Address: Semboku City, Akita
Telephone Number: +81 0187 40 2211 Semboku City Rural Experience Association
Telephone Language: Japanese, English
Access: Varies by facility
Description: Please refer to the information for each facility for information.
Website URL: <https://seisetsukan.jp/en/seisetsukan/>
Reservations: Contact the Semboku City Rural Experience Association by phone or visit the website.





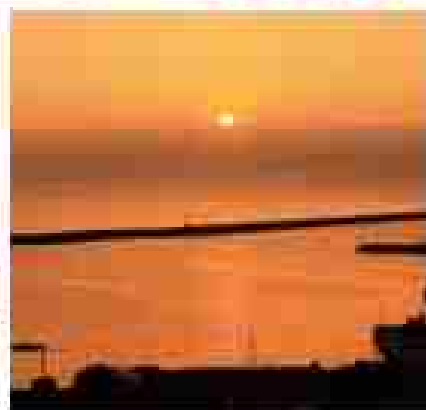
Teradomari, Nagaoka City, Niigata

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

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

Access

From Tokyo Station to Nagaoka Station (1 hour and 40 minutes) on Tokaido Shinkansen
From Nagaoka Station to Teradomari Station by JR Niigata Line (12 minutes)
From Teradomari Station to Nagaoka Station (15 minutes) on Teradomari Line
From Nagaoka Station to Teradomari Station (15 minutes) on Teradomari Line
From Nagaoka Station to Teradomari Station (15 minutes) on Teradomari Line



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 parking, making it ideal for work retreats. Guests can enjoy local seafood dishes and evening massages.

Address: 977-27 Teradomari-cho, Nagaoka-shi, Niigata Prefecture
Telephone Number: +81 925-1885-1100
Telephone Languages: Japanese, English, Chinese
Access: From JR Nagaoka Station, take the Echigo Rinkai Bus (bound for Teradomari) to Teradomari Station. It's a 15-minute drive from JR Teradomari Station.
Check-in: 15:00 (15:00) Check-out: 10:00 (10:00)
Rates: Single room starts from ¥10,000, double from ¥12,000. (Taxes ¥2,700). (Taxes from ¥2,700)
*Reservations pay by credit card
Website URL: <https://villa-voix.com/teradomari/>
Reservation Website URL: <https://villa-voix.com/teradomari/>



Recommended Restaurant

Teradomari Street Market (Dakana no Aoyukai)

This lively street market, situated along the national highway by the Sea of Japan, is filled with stalls selling fish and seafood, fresh produce, and local crafts. It's a great place to experience the local culture and taste the freshest seafood.

Address: Teradomari-cho, Nagaoka-shi, Niigata Prefecture
Telephone Number: +81 925-1885-1100
Telephone Languages: Japanese, English
Access: From JR Nagaoka Station, take the Echigo Rinkai Bus (bound for Teradomari) to Teradomari Station. It's a 15-minute drive from JR Teradomari Station.
Opening Hours: 10:00 a.m. - 5:00 p.m.
Closed: No (No)
Website URL (Japanese only): <https://nagaoka-nm.jp/teradomari/>



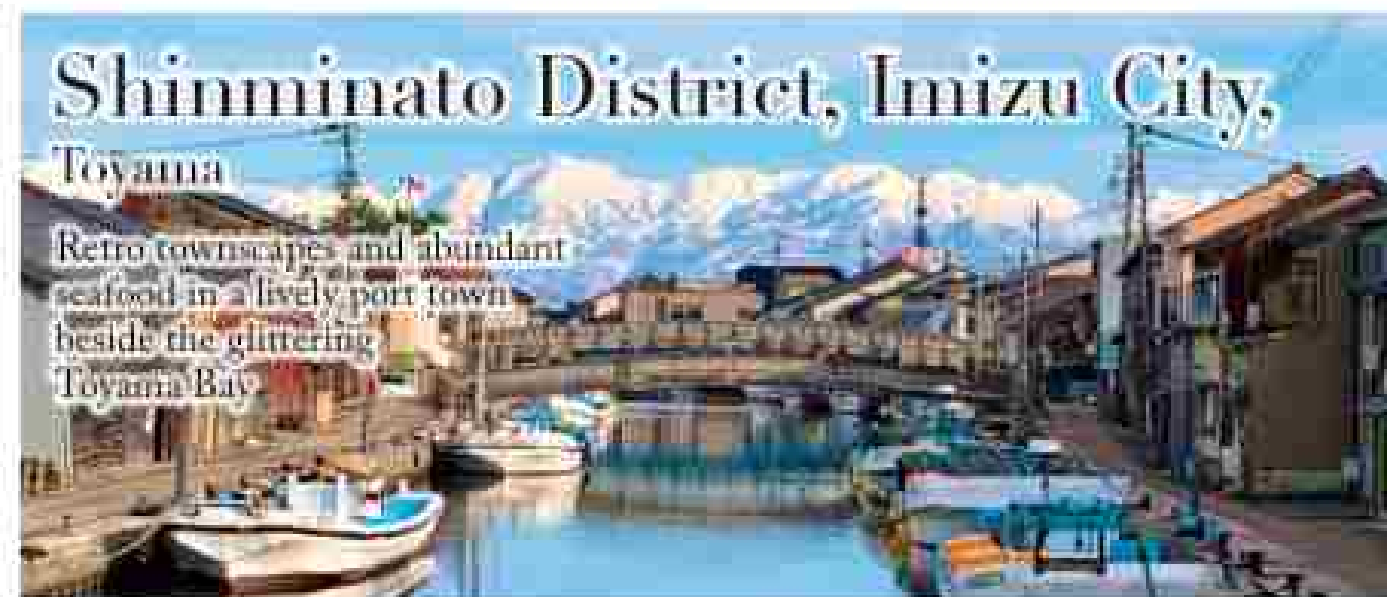
Recommended Experience

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

(available for VILLA VOIX guests only)

The past painting and calligraphy experience is held at the historic Teradomari Temple. Guests can enjoy the unique atmosphere of the temple, which is a beautiful blend of traditional Japanese architecture and modern art.

Address: Teradomari-cho, Nagaoka-shi, Niigata Prefecture
Telephone Number: +81 925-1885-1100
Telephone Languages: Japanese, English
Access: From JR Nagaoka Station, take the Echigo Rinkai Bus (bound for Teradomari) to Teradomari Station. It's a 15-minute drive from JR Teradomari Station.
Duration: 1 hour and 30 minutes
Fee: Single room ¥10,000, double ¥12,000
Website URL: <https://villa-voix.com/teradomari/>
Reservation Website URL: <https://villa-voix.com/teradomari/>



Shinminato District, Imizu City, Toyama

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

Overlooking the beautiful Toyama Bay, the vibrant Shinminato district of Imizu City is a historical hub that flourished in the golden age of the Kitamae-bane merchant ships. The area was a favorite of prominent figures like Ota no Yakemochi, who compiled the ancient *Manyōshū* poetry anthology, and the shogun Ashikaga Yoshimasa. Shinminato is most famous for its marine products, such as fresh squid, white shrimp, and sea urchin, which contribute to a thriving sushi culture. The splendid bay-side scenery, the historic retro townscapes, and the Toyama Mountain Range create a unique landscape.

Access

From Tokyo Station, take the JR Tokaido Line to Tokyo Station.
From Tokyo Station, take the JR Tokaido Line to Shinminato Station.
From Shinminato Station, take the JR Toyama Line to Imizu Station.
From Imizu Station, take the JR Toyama Line to Shinminato Station.
From Shinminato Station, take the JR Toyama Line to Imizu Station.

Contact

Shinminato District Promotion Council
Telephone Number: +81 263-5420-0001 Telephone Languages: Japanese, English, Korean



Recommended Accommodation

Uchikawano-ie Nago

This 100-year-old traditional Japanese house is located in the Nago district, which was proposed as a part of the UNESCO World Heritage site. The house is a beautiful blend of traditional Japanese architecture and modern design. It is a great place to experience the local culture and enjoy the view of the bay.

Address: 171 Nago-cho, Nago-shi, Toyama Prefecture
Telephone Number: +81 263-5420-0001 Telephone Languages: Japanese
Access: From Shinminato Station, take the JR Toyama Line to Nago Station. It's a 15-minute drive from JR Nago Station.
Check-in: 15:00 (15:00) Check-out: 10:00 (10:00)
Rates: Accommodation without meals for two people, one room from ¥10,000
Website URL: <https://uchikawano-ie-nago.com/en/>
Reservation Website URL: <https://uchikawano-ie-nago.com/en/>

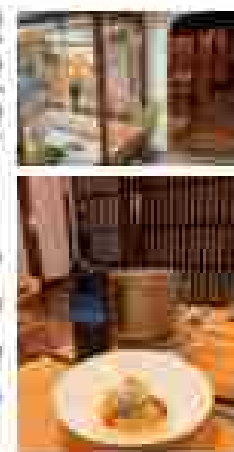


Recommended Restaurant

BARZER LABO

A local hidden gem serving Italian food, including particularly local seafood. The interior of the restaurant is a relaxing space with a warm atmosphere. It's a great place to enjoy the local culture and taste the freshest seafood.

Address: 1-4-12 Nago-cho, Nago-shi, Toyama Prefecture
Telephone Number: +81 263-5420-0001 Telephone Languages: Japanese
Access: From Shinminato Station, take the JR Toyama Line to Nago Station. It's a 15-minute drive from JR Nago Station.
Opening Hours: 11:00 a.m. - 10:00 p.m. (10:00 p.m. for reservation only)
Closed: No (No)
Website URL (Japanese Only): <https://barzerlabo.com/>



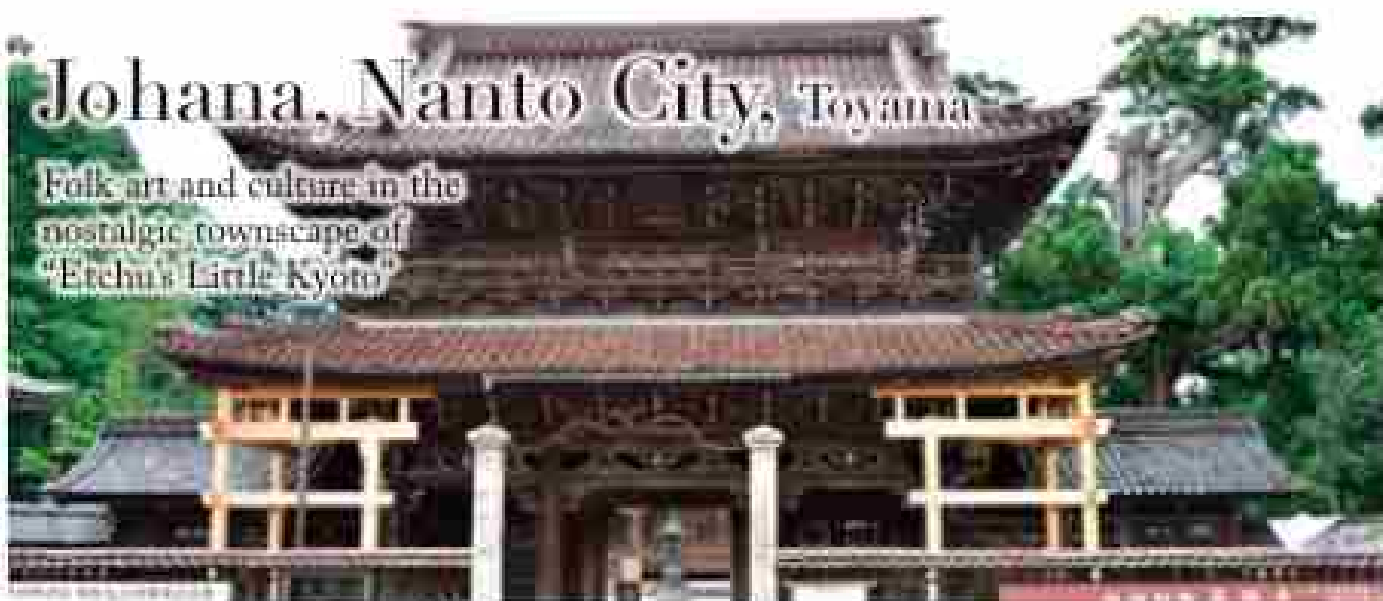
Recommended Experience

Experience with Lion Dance Performance

This lion dance experience is organized by the Shinminato Branch of the Fukuoka Festival Association. It's a great way to experience the local culture and enjoy the view of the bay. The performance is held at the Shinminato District Office.

Address: Shinminato District Office, Shinminato-cho, Imizu City, Toyama Prefecture
Telephone Number: +81 263-5420-0001 Telephone Languages: Japanese
Access: From Shinminato Station, take the JR Toyama Line to Imizu Station. It's a 15-minute drive from JR Imizu Station.
Duration: 1 hour
Fee: ¥10,000
Website URL (Japanese Only): <https://shinminato-festival.com/>
Reservation Website URL: <https://shinminato-festival.com/>





Johana, Nanto City, Toyama

Folk art and culture in the nostalgic townscape of "Echu's Little Kyoto"

Located at the southern tip of the Tamaei Plain, the Johana area clings to history when the Zenko-ji Temple was founded 150 years ago. The region became widely known for its beautiful sights and picturesque townscape that is often referred to as "Echu's Little Kyoto". "Mingei" folk craft culture took root with the advent of the "Mingei Movement" at Zenko-ji Temple, which fostered the region's affinity for handicrafts made.

Access

From Shinjuku Station to Johana Station on the Hokuriku Line (1 hour)

Contact

"Mizu-to-hikari" Toyama West Tourism Promotion Association

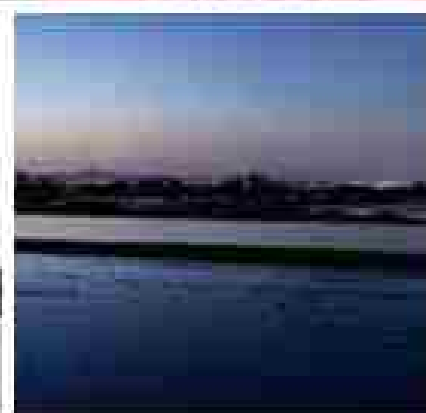
Telephone Number: +81 8368-82119

Telephone Language: Japanese, English

URL: <http://www.mizu-to-hikari.jp/>

Email: mizu-to-hikari@nifty.jp

Check Language: Japanese, English, French



Recommended Accommodation

Moritoshia

A temple accommodation facility renovated from the former sitting quarters at the 700-year-old Zenko-ji Temple. Modeled with the slopes "lay-overnight at a folk-art precinct", the temple boasts a fascinating history as the original center of the "Mingei" folk-art movement. The guestrooms, located on the second floor of the building, are furnished with folk-art items, antique furniture and tatami. There are four twin rooms and one single room.

Address: Moritoshia, 400-1-1 Zenko-ji Temple, 400-1-1 Zenko-ji Temple, Toyama Prefecture

Telephone Number: +81 8368-23-212

Telephone Language: Japanese, English

Access: 11 minutes walk from JR Nanto Station

Check-in: 1 pm - 9 pm

Check-out: 10 am

Room: from ¥1,100

Website URL (Japanese Only): <http://www.moritoshia.jp/>

Reservation Website URL: <http://www.moritoshia.jp/reservation/>



Recommended Restaurant

Kaneshima

Located in front of the Zenko-ji Temple gate, this over 100-year-old restaurant is popular for its old dishes with a focus on traditional and grilled dishes, 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 relax on important occasions.

Address: 371-1, Nanto, Nanto-shi, Toyama Prefecture

Telephone Number: +81 8362-63-010

Telephone Language: Japanese

Access: 11 minutes walk from JR Nanto Station

Opening Hours: 11:30 am - 1:30 pm (last order), 5 pm - 9 pm (last order)

Cooked, Japanese (Japanese-style food)

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



Recommended Experience

Meet the maker of 'Shike Silk' in the Silk Room

Take this exclusive tour in Zenko-ji Temple, a famous temple that was the catalyst for the development of Johana town. After a special tour to a room that is usually closed to the public, participants will be taken to the workshop at (Hase) Kage, one of the last silk weavers in the Johana area. Observe the traditional silk weaving process and see the dolls are produced made with Shike's "Silk art".

Address: Meeting place, Moritoshia, 400-1-1 Zenko-ji Temple, 400-1-1 Zenko-ji Temple, Toyama Prefecture

Telephone Number: from here the contact form: <http://www.moritoshia.jp/contact/>

Language: Japanese, French, Chinese, French

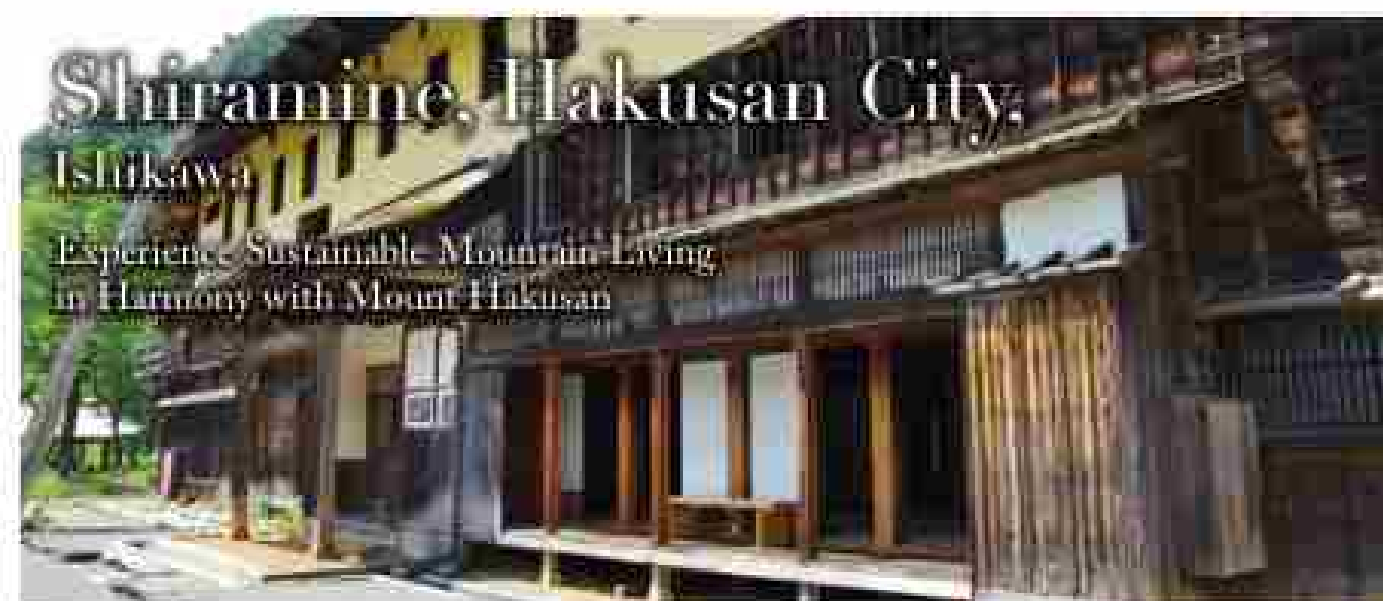
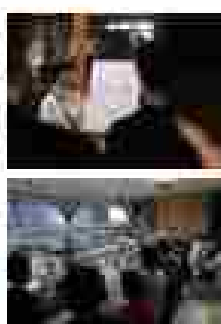
Access: 11 minutes walk from JR Nanto Station

Duration: 30 mins - Fee: ¥500

Website URL: <http://www.moritoshia.jp/en/experience/>

Reservation Website URL: <http://www.moritoshia.jp/en/reservation/>

Mail address: Moritoshia, 400-1-1 Zenko-ji Temple, 400-1-1 Zenko-ji Temple, Toyama Prefecture



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 settlement is also renowned for its soothing volcanic bicarbonate hot springs.

Access

From Tokyo: Kanazawa Station to Hokuriku Railway (Toyo Station (25 minutes), then transfer to the bus to Shiramine (1 hour)

From Kanazawa Station to Shiramine by bus (1 hour circle (7 days and 11 minutes)

From Kanazawa Airport to Shiramine by car (1 hour)

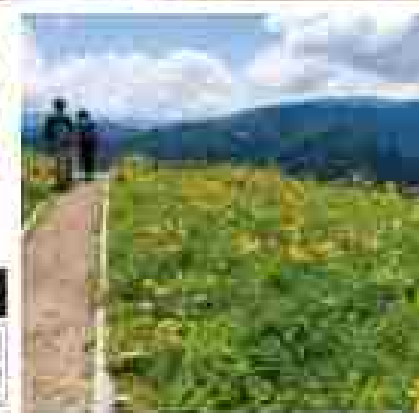
Contact

Shiramine Tourism Association

Telephone Number: +81 924-400-0100 - Telephone Language: Japanese

URL: <http://www.shiramine.jp/>, <http://www.shiramine.jp/en/>

Email: shiramine@shiramine.jp - Email Language: Japanese, English



Recommended Accommodation

Hakusan-en

This traditional hot spring inn serves delicious dishes made from seasonal local ingredients, including wild vegetables, river fish, and its renowned hot pot. The inn has a long history as a place where the same owners as Shiramine Onsen (Hot Springs), a spring celebrated for its skin-healing properties. Conveniently located in the village center, Hakusan-en offers guests to explore the traditional hot springs, onsen and enjoy enjoying various specialty food items. The inn is also a popular base for climbing Mount Hakusan. Don't forget to greet the inn friendly at its gate and nestled in the hot spring.

Address: 170-4-1, Shiramine, Hakusan-shi, Ishikawa Prefecture

Telephone Number: +81 924-222-2222 - Telephone Language: Japanese

Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine

Check-in: 1:00 pm - Check-out: 10:00 am - Rates: from ¥1,000 per person per night with tax included

Website URL (Japanese Only): <http://www.hakusan-en.jp/>

Reservation Website URL (Japanese Only): <http://www.hakusan-en.jp/reservation/>



Recommended Restaurant

Yukidaruma Cafe

This has 100-year-old history (located in the Important Preservation District for Groups of Traditional Buildings) was established as a gathering place for local residents. Also attracting fans from outside the area, Yukidaruma specializes in local food, traditional Japanese dishes, and seasonal ingredients, as well as the traditional "Yukidaruma Dango Curry". The restaurant also offers long-term dining in the morning.

Address: 170-4-1, Shiramine, Hakusan-shi, Ishikawa Prefecture

Telephone Number: +81 924-222-2222

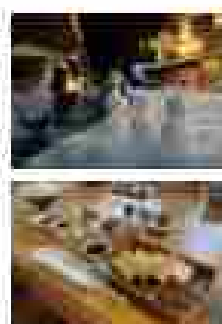
Telephone Language: Japanese

Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine

Opening Hours: 11:00 am - 1:00 pm, 5:00 pm - 9:00 pm

Cooked: Japanese (Japanese-style food) - please check before visiting

Website URL (Japanese Only): <http://www.yukidaruma.jp/>



Recommended Experience

Mount Hakusan Nature Tour

Mount Hakusan is a sacred mountain that has been a site of pilgrimage for 1,200 years. Enjoy a two-day, overnight mountain climbing tour with local guides who live at the foot of the mountain. Highlights include witnessing the sunrise from the summit and enjoying yourself in the history, culture, and nature of Hakusan.

Meeting place: In front of Kanazawa Station

Telephone Number: +81 924-400-0100 - 090 924-400-0100

Shiramine Nature (Shiramine)

Telephone Language: Japanese, English

Access: 1 hour and 15 minutes by car from Kanazawa Station to Shiramine - Duration: Two days

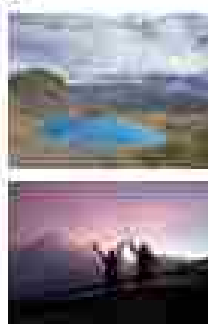
Fee: from ¥5,000 for a group of up to five persons

Website URL: <http://www.shiramine.jp/en/nature-tour/>

Reservation Website URL (Japanese Only): <http://www.shiramine.jp/en/reservation/>

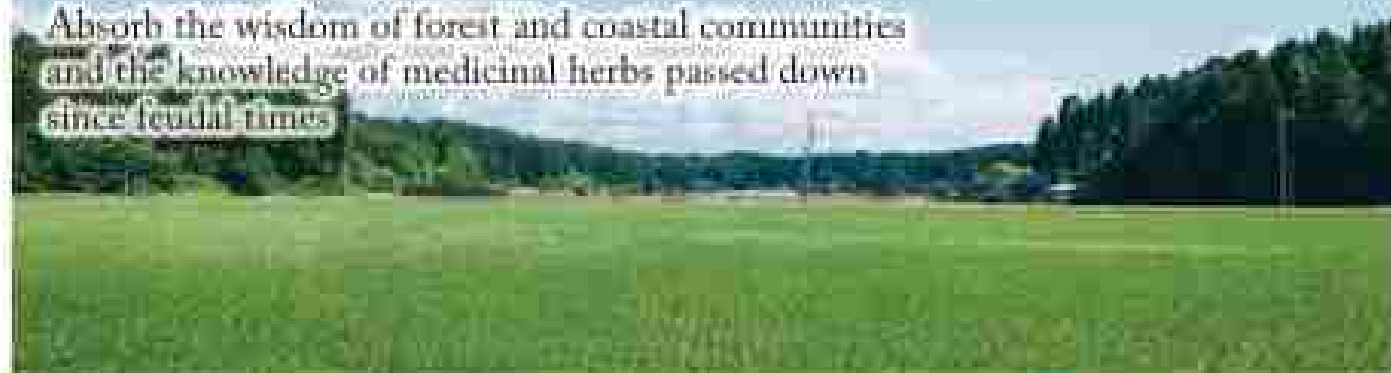
Activities

Mount Hakusan, 170 is the application form for the above experience website, call, or email www.shiramine.jp/en/nature-tour



Kumano District, Shika Town, Ishikawa Prefecture

Absorb the wisdom of forest and coastal communities and the knowledge of medicinal herbs passed down since feudal times



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. Diving on Choshiro Beach and cycling to the scenic Gassan Park Station are also popular.

Access

From Kanazawa Station to the Notoyama parking area on the Ishikawa Railway Express (see Notoyama Express Line) (1 hour and 20 minutes)
From Kanazawa Station to Aka Station on the JR Hokuriku Railway (direct connection to the JR Noto Line) (transfer required) (1 hour)

Contact

General Incorporated Association Noto Kumano
Telephone Number: +81 (0)750-2631-0070 Telephone Language: Japanese only
URL (Japanese Only): <https://kumano-kumano.jp/>
Email: kumano@kumano.jp Email Language: Japanese



Check the site



Recommended Accommodation

COUNTRY LODGE Deja Vu

This vacation retreat is an authentic, Canadian log house. The interior is decorated with antique English furniture and handmade pottery table lamps, 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 beautiful space. A central storage, bar area is located in the main living area.

Address: 16-122, Naganuma, Shika City, Ishikawa Prefecture
Telephone Number: +81 (0)750-22-0000 (Private Cruise) Telephone Language: Japanese
Access: 10-minute drive from the Notoyama parking area on the Noto Line (Shika Station) 10-minute drive from the Notoyama parking area (Notoyama parking area)
Check-in: 15:00 (JST) Check-out: 11:00 (JST)
Rates: from 12,000 yen (night fee) up to 4,000 yen (plus 10,000 yen) (with additional person up to 2 people) (day in the night)
Website URL (Japanese Only): <http://japantravel.com/property/deja-vu/>
Reservation Website URL: <http://www.horizon-japan.com/deja-vu/>



Recommended Restaurant

Toyoshima

A menu that changes with the time that guests enjoy seafood from Noto. The menu changes with the season and the time of day, but the restaurant can also accommodate special requests. Lunch is from ¥1,200 to ¥2,000, and dinner from ¥2,000 to ¥3,000.

Address: 6-47, Kanayama, Ishikawa Prefecture, Ishikawa Prefecture
Telephone Number: +81 (0)750-247-1021
Telephone Language: Japanese
Access: 10-minute drive from Notoyama parking area on the Noto Line (Shika Station)
Opening Hours: 11:00 a.m. - 10:00 p.m.
Closed: Monday
Website URL (Japanese Only): <https://toyoshima.com/>
Reservations: 011-270-0000 (7/24/2021, 10/1/2021)

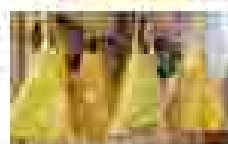


Recommended Experience

Plant-Dyeing Workshop Using Medicinal Herbs

In this creative workshop, held in an old house, participants will learn hand-dyeing techniques, how to use wild plants and vegetables collected in the area. The workshop leaders are local people, and their local participants all share stories with medicinal herbs, including how they have been used in the past and how they are used today.

Working Place: 201 Park House Station, 6-12 Naganuma, Shika City, Ishikawa Prefecture
Telephone Number: +81 (0)750-2631-0070 (Private Cruise)
Telephone Language: Japanese
Access: 10-minute drive from Notoyama parking area on the Noto Line (Shika Station)
Closed: 2 hours
Fee: 1,000 yen (including the workshop and lunch)
Website URL (Japanese Only): <http://kumano-kumano.jp/workshop/>
Reservations: 011-270-0000 (7/24/2021, 10/1/2021)



Onomi Village, Nanao City, Ishikawa Prefecture

Noto Peninsula's woodlands and seas are designated as Globally Important Agricultural Heritage Systems! View it all from the window of a cozy inn.



Nanao City is located on the Noto Peninsula in Ishikawa Prefecture—a region famed for its lush mountains and its sea view 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 (sea) scenery and engage with nature using all five senses.

Access

From Kanazawa Station to Nanao Station on the Hokuriku Railway Nanao Line (1 hour and 10 minutes)
From Nanao Station to Onomi Station on the Notoyama Express Line "Noto Line"
Nanao Line (1 hour and 10 minutes)
From Nanao Station to Onomi Station on the Notoyama Express Line "Noto Line"
From Nanao Station to Onomi Station on the Notoyama Express Line "Noto Line"
From Nanao Station to Onomi Station on the Notoyama Express Line "Noto Line"
From Nanao Station to Onomi Station on the Notoyama Express Line "Noto Line"

Contact

Onomi Village
Telephone Number: +81 (0)750-2631-0070 Telephone Language: Japanese only URL (Japanese Only): <https://onomi-village.jp/>
Email: info@onomi-village.jp Email Language: Japanese and English (using machine translation)

Recommended Accommodation

Onomi Village YUSHINAN

Relax in comfort while taking in the sight of Onomi's scenic mountain and sea view from a room with a view. This is a cozy, comfortable room with a view of the sea. There is a wooden deck and a hot spring pool outside, and the availability of high-speed Wi-Fi makes the stay even more enjoyable. Breakfast is an additional 12,000 yen per person.

Address: 2-1-1, Nanao, Ishikawa Prefecture
Telephone Number: +81 (0)750-2631-0070
Telephone Language: Japanese and English (using machine translation)
Access: 10-minute drive from Nanao Station Check-in: 15:00 (JST) Check-out: 11:00 (JST)
Rates: from 12,000 yen (night fee) up to 4,000 yen (plus 10,000 yen) (with additional person up to 2 people) (day in the night)
Website URL (Japanese Only): <https://onomi-village.jp/>
Reservation Website URL: <http://www.onomi-village.jp/reservation/>
Reservations: 011-270-0000 (7/24/2021, 10/1/2021)



Recommended Restaurant

Onomi Village Restaurant

This restaurant serves delicious dishes prepared by local people using locally sourced ingredients. The menu includes a ¥1,000 daily set menu, as well as Japanese curry, lunch rice bowls, and other hearty dishes. The dishes are prepared with care and attention to detail, and the atmosphere is warm and welcoming.

Address: 1-1-1, Nanao, Ishikawa Prefecture
Telephone Number: +81 (0)750-2631-0070
Telephone Language: Japanese and English (using machine translation)
Access: 10-minute drive from Nanao Station
Opening Hours: 11:00 a.m. - 10:00 p.m.
Closed: Sunday and Wednesday
Website URL (Japanese Only): <https://onomi-village.jp/restaurant/>

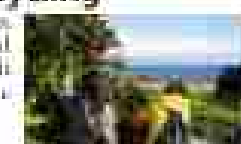


Recommended Experience

Noto Satoyama Satoumi Cycling

The Noto Satoyama Satoumi Cycling is a scenic route that takes visitors through the beautiful Noto Peninsula. The route is designed to be accessible to people of all ages and abilities, and it offers a unique opportunity to experience the natural beauty of the region.

Address: 1-1-1, Nanao, Ishikawa Prefecture
Telephone Number: +81 (0)750-2631-0070
Telephone Language: Japanese
Access: 10-minute drive from Nanao Station
Opening Hours: 11:00 a.m. - 10:00 p.m.
Closed: Sunday and Wednesday
Website URL (Japanese Only): <https://onomi-village.jp/cycling/>
Reservations: 011-270-0000 (7/24/2021, 10/1/2021)



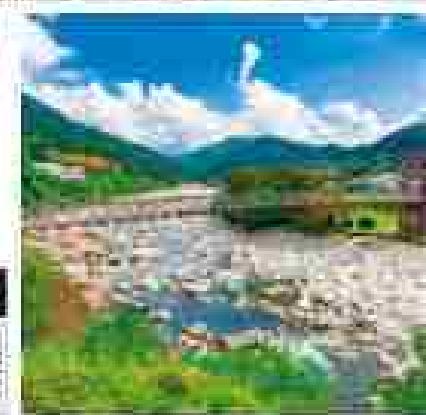
Try Your Hand at Sake Brewing
in Saku, Home to 13 Historic
Breweries



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Winnicki, D.H., <https://doi.org/10.1016/j.jag.2019.05.004> Neeravratine Shukla is IIRL, <https://doi.org/10.1016/j.jag.2019.05.004>



bioRxiv preprint doi: <https://doi.org/10.1101/2019.05.20.256401>; this version posted May 20, 2019. The copyright holder for this preprint (which was not certified by peer review) is the author/funder, who has granted bioRxiv a license to display the preprint in perpetuity. It is made available under aCC-BY-NC-ND 4.0 International license.

**Nakagawa Town, Otawara City,
Tochigi**

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

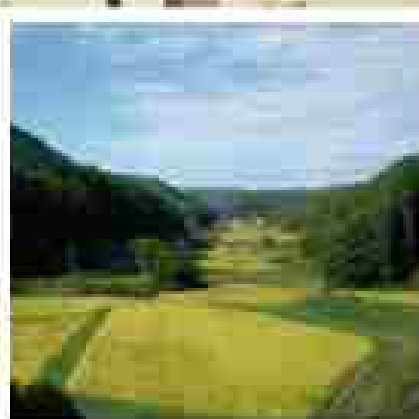
Just 2 hours by train from Tokyo Station lies the tranquil rural city of Otsumi and Nakagawa Town. Visitors to this serene countryside region can enjoy watching farmhouses steeped in tradition with friendly local residents. Near at the Iwakura Residence, a designated Tangible Cultural Property in Nakagawa 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 house 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 Iwakura Station by JR Tokaido Shinkansen (approx. 120 min)
From Iwakura Station to Iwakura Station by JR Tokaido Shinkansen (approx. 120 min) and 10 minutes
From Iwakura Station to Iwakura Station by JR Tokaido Shinkansen (approx. 120 min) and 10 minutes

Contact
Otsumi Tourism Co., Ltd.
Tel: 028-642-6773 / Tel: 028-642-6773

Check the site





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Namegawa Town, Saitama Prefecture

Revel in the rural delights of a Japanese agricultural-heritage site just one hour from central Tokyo

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 Hibi Hills, which are part of the Yatsunuma agricultural system, a Japanese Nationally Important Agricultural Heritage System (JNAIHS) that makes use of natural rainwater. The area, including the beautiful Hibi Hills and the rice paddies, is famed for its tranquil natural scenery and its premium agricultural products, such as potatowo (taro).

Access

From Nakagawa Station to Shinjuku Station on the Tokaido Line (1 hour)
From Nakagawa Station to Shinjuku Station on the Tokaido Line (1 hour)
From Nakagawa Station to Shinjuku Station on the Tokaido Line (1 hour)
From Nakagawa Station to Shinjuku Station on the Tokaido Line (1 hour)



Recommended Accommodation

Tokinoyu Onsen Heritage Resort

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

Address: 670-0001, Tokinoyu, Saitama Prefecture

Telephone Number: +81 846 836-1111 Telephone Language: Japanese, English

Access: 15 minutes from Tokai Shinkansen Station (Shinjuku) on the Tokaido Line (1 hour) for Tokinoyu Onsen Heritage Resort

Check-in: 15:00 pm Check-out: 11:00 am

Rates: from ¥1,024 per night with breakfast per person (based on double occupancy)

Website URL: <https://www.tokinoyu-heritage.jp/en/>

Reservation Website URL: Japanese Only: <https://www.tokinoyu-heritage.jp/en/reservation> English Only: <https://www.tokinoyu-heritage.jp/en/reservation>



Recommended Restaurant

Ikonosato Farmer's Restaurant

This restaurant is located inside Himegawa, a woodland-agriculture park overlooking the Hibi Hills. The food is prepared by farmers who grow up in the local farming community. The restaurant is popular for its healthy dishes, such as whole head fish, handmade using locally produced rice and locally produced vegetables from Himegawa.

Address: 1000-1, Ikonosato, Saitama Prefecture

Access: 15 minutes from Tokai Shinkansen Station

Opening Hours: 11:00 am - 10:00 pm (closed)

Check: accepted by credit cards (VISA, Mastercard, JCB, etc.)

Website URL: <http://www.ikonosato.jp/en/>



Recommended Experience

Japanese Nodate and Tour around the Yatsuda and Yatsunuma Landscapes

Visit several Nodates, the sites of the rice paddy fields of the Yatsuda and Yatsunuma areas, the Japanese culture of planting rice. After the rice, visit the Yatsuda and Yatsunuma rice paddy fields and the ruins of the Yatsuda and Yatsunuma rice paddy fields. The Yatsunuma Agricultural System, which is one of the most natural experiences in Japan, is a Japanese Nationally Important Agricultural Heritage System.

Meeting place: Garden when visiting Himegawa

Access: 15 minutes from Nakagawa Station to Shinjuku Station

From Shinjuku Station on the Tokaido Line (1 hour) for Tokinoyu Onsen Heritage Resort

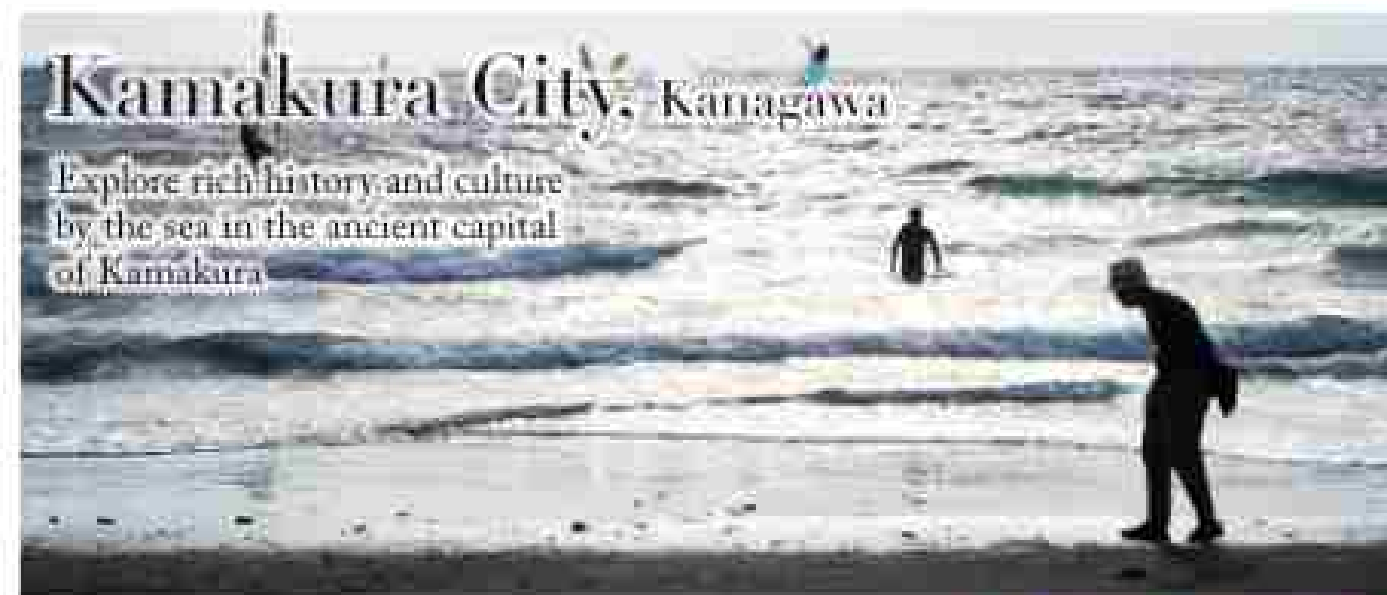
Duration: 45 minutes

Fee: trials provided during reservation

Website URL: <https://www.yatsunuma.com/en/visit>

<https://www.yatsunuma.com/en/visit>

<https://www.yatsunuma.com/en/visit>



Kamakura City, Kanagawa

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

Located just one hour from Tokyo, the picturesque seaside town of Kamakura holds an important place in Japanese history as the seat of the first military government in Japan, the Kamakura shogunate. The area is renowned for its many historic temples and shrines, particularly the temple Kamakura-in, where the Great Buddha is located, and the grand Kofukuji 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 scenic views, and Kamakura vegetables and fresh seafood which 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 Tokaido Line (1 hour)

From Yokohama Station to Kamakura Station on the Tokaido Line (1 hour)

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Recommended Accommodation

Amber/Jade

This restaurant is a modern, 100-year-old private residence. On the first floor is a spacious, modern Japanese-style space named 'Nodate' with a Japanese garden and a view of the Sagami Bay. On the second floor is a compact, modern Japanese-style room named 'Jade', which can accommodate up to two people. Guests can enjoy dining and other leisure activities just a stone's throw away from Zaitokyo Beach.

Address: 2-4-4 Zaitokyo, Kanagawa City, Kanagawa Prefecture

Telephone Number: +81 042-242-0000 (Toll-free) Telephone Language: Japanese, English, French

Access: 15 minutes from Zaitokyo Station

Check-in: 15:00 pm Check-out: 10:00 am

Rates: from ¥1,000 for two people with breakfast - from ¥1,000 for two people with no meal

Website URL: <https://www.amber-jade.com/en/>

Reservation Website URL: <https://www.amber-jade.com/en/reservation>



Recommended Restaurant

DROP IN

At this casual dining spot (close to Zaitokyo Beach), visitors can have breakfast, lunch, or dinner. Freshly picked rice while going out over the beautiful ocean. The most popular dish is the 'Shrimp Sandwich', which includes vegetables, sauce, and cheese. There is also a wide selection of Japanese food, perfect for a relaxing drink while enjoying the view.

Address: 2-4-4 Zaitokyo, Kanagawa City, Kanagawa Prefecture

Telephone Number: +81 042-242-0000

Telephone Language: Japanese, English

Access: 15 minutes from Zaitokyo Station

Check-in: 15:00 pm Check-out: 10:00 am

Rates: from ¥1,000 for two people with breakfast - from ¥1,000 for two people with no meal

Website URL: <https://www.drop-in.com/en/>

Reservation Website URL: <https://www.drop-in.com/en/reservation>

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<https://www.drop-in.com/en/reservation>

<https://www.drop-in.com/en/reservation>

Recommended Experience

SURFING & STAND-UP PADDLEBOARD (SUP) LESSON

This refreshing SUP lesson is conducted by a local surf shop. Visitors (maximum of up to four people) are available for all skill levels. From complete beginners to advanced surfers, the lesson is designed to be fun and relaxing.

Meeting Place: Zaitokyo Beach

Telephone Number: +81 042-242-0000

Telephone Language: Japanese, English, French

Access: 15 minutes from Zaitokyo Station

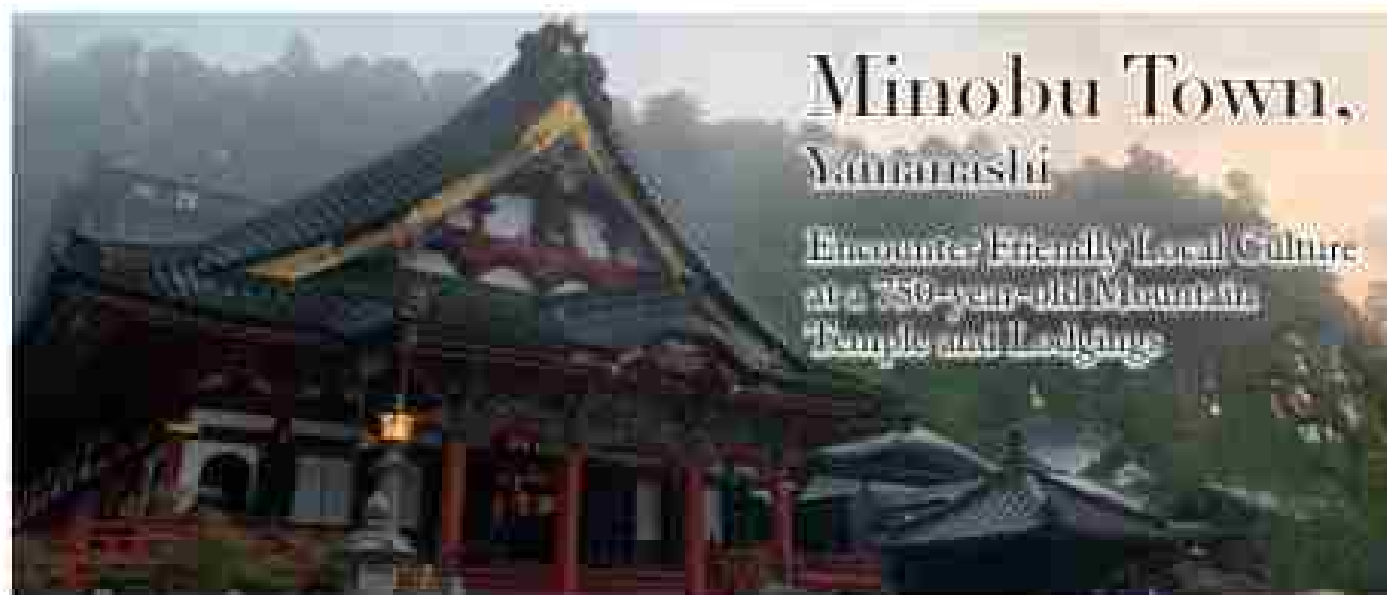
Duration: 2 to 3 hours (duration 1 to 1.5 hours)

Fee: 1 person ¥10,000

Website URL: <https://www.zaitokyo.com/en/>

Reservation Website URL: <https://www.zaitokyo.com/en/reservation>





Minobu Town, Yamanashi

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

Nestled in the northern 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 Kannon-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 40 temple lodgings in the area, providing travelers with an array of exquisite services, including participating in traditional festivals, sharing kaiseki, and watching Buddhist repatriation rituals. 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

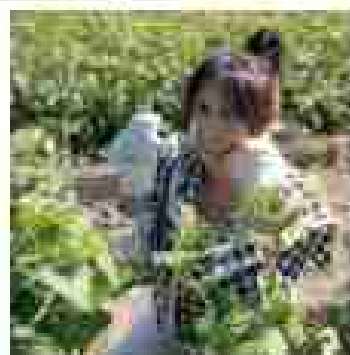
From Tokyo Station, board train to Maebashi Station, then transfer to the JR Shinkansen Main line to Fuji Station, then transfer to the JR Main line to Minobu Station (1 hour).
From Shingyo Station to Fuji Station on the JR Chuo Line (limited express Shinkansen), then transfer to the JR Minobu Line to Minobu Station (1 hour and 10 minutes).
From the Shinjuku Terminal Bus Terminal (Shinjuku Station), take the bus to Minobu Station (1 hour and 10 minutes).
From Maebashi Station to Minobu Station (1 hour and 10 minutes).
From Maebashi Station to Minobu Station (1 hour and 10 minutes).

Contact

Minobu Farm Stay Regional Association

Telephone Number: +81 (0)256-42-0014 | Telephone Language: Japanese, English

URL: <https://minobu-farmstay.jp/en/> | Email: info@minobu-farmstay.jp | Email Language: Japanese, English



Check
the life



Recommended Accommodation

Shukubo Gyogakuin Kakurinbo

Immerse yourself in the rich history of this temple with a lodge spanning 500 years. This beautiful 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 enjoying local kaiseki, staying in a kimono, and yoga. Each evening, enjoy a Yaka (Yaka) dinner, featuring a variety of dishes prepared with local ingredients, a regional specialty. With an advance reservation, guests can also enjoy a kaiseki lunch while relaxing in the beautiful view of the temple garden.

Address: 1111 Minobu, Minobu-cho, Minamimuro-gun, Yamanashi Prefecture

Telephone Number: +81 (0)256-42-0014 | Telephone Language: Japanese, English

Access: 15-minute drive from JR Minobu Station | Check-in: 2:00 pm - 1:00 pm | Check-out: 11:00 am

Rate: From ¥15,000 for 2 days and 1 night (with 2 meals). Special packages: ¥10,000 (with morning departure ¥2,000, Friday or Saturday ¥3,000, Sunday and ¥1,000 (reservation required for each experience).

Website URL: <https://shukubogakuin.jp/en/> | Reservation Website URL: <https://shukubogakuin.jp/en/reservation/>



Recommended Restaurant

Farm Cafe Zencho

Nestled in the garden of the beautiful pond "Hirano," this charming cafe serves a seasonal kaiseki that was served at a tea ceremony. The cafe offers a delightful view of the pond and the surrounding mountains. Specialty dishes include kaiseki, kaiseki, and kaiseki, featuring local ingredients. To complement your meal, enjoy a refreshing Minobu Cider made from whole grapes grown in Minobu Alps City.

Address: 1055 Minobu, Minobu-cho, Minamimuro-gun, Yamanashi Prefecture

Telephone Number: +81 (0)256-44-8887

Telephone Language: Japanese

Access: 7-minute drive from JR Minobu Station

Opening Hours: 10:00 am - 4:00 pm | Closed on holidays

Website URL: <https://minobu-shikoku.jp/en/>



Recommended Experience

Amehatasuzuri Inkstone Carving

Amehatasuzuri is a traditional craft that has been passed down for over 100 years. It is a regional specialty of the Chubu region of Japan. The process involves carving a piece of stone into a shape that can be used as an inkstone. The process is a traditional craft that has been passed down for over 100 years. The process involves carving a piece of stone into a shape that can be used as an inkstone. The process is a traditional craft that has been passed down for over 100 years. The process involves carving a piece of stone into a shape that can be used as an inkstone.

Meeting place: 1111 Minobu, Minobu-cho, Minamimuro-gun, Yamanashi Prefecture

Telephone Number: +81 (0)256-42-0014 | Telephone Language: Japanese, English

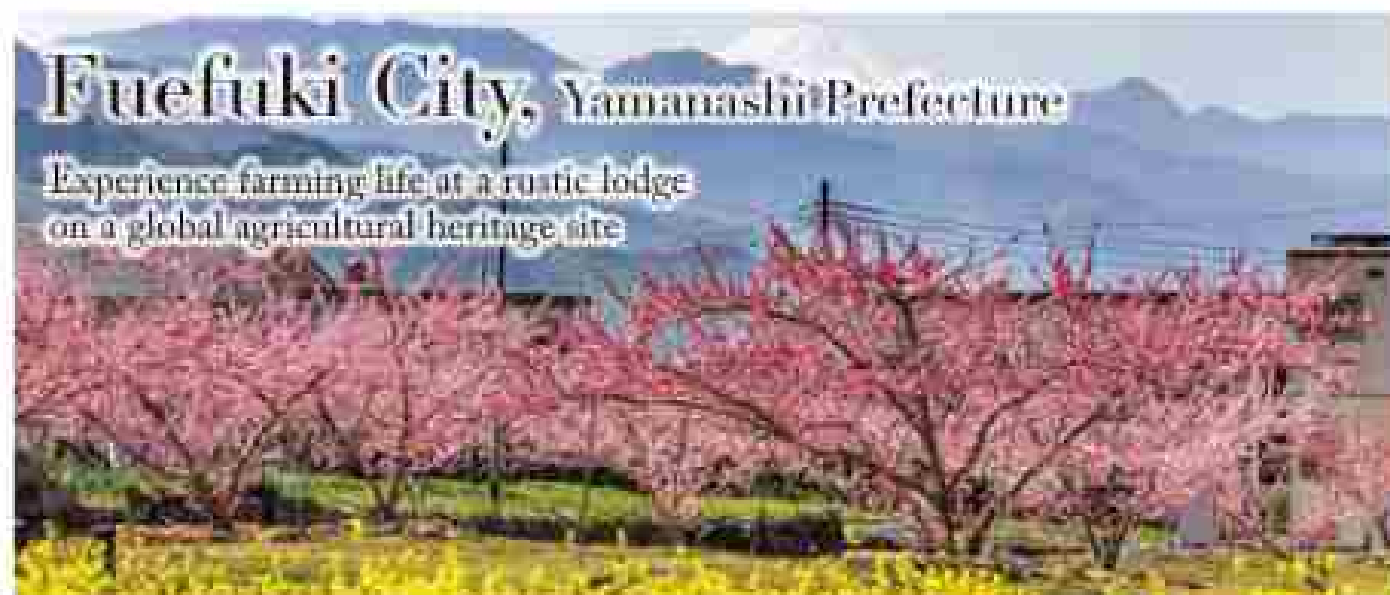
Access: 15-minute drive from JR Minobu Station

Duration: 2 hours | Fee: ¥15,000 (includes lunch and transportation from Shinjuku Station)

Website URL: <https://amehatasuzuri.jp/en/>



Reservation: Reservation required | All Japanese | Website: <https://amehatasuzuri.jp/en/>



Fuefuki City, Yamanashi Prefecture

Experience farming life at a rustic lodge
on a global agricultural heritage 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, work 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-to-table charm of Fuefuki City.

Access

From Shingyo Bus Terminal to Shinjuku Bus Stop on the Yamanashi Route Highway Bus or on the Shinjuku Highway Bus (Shingyo-Kohji Line) (1 hour and 10 minutes) + 10 minutes walk
From Shingyo Station to Shinjuku Bus Stop on the JR Chuo Line (Shingyo Line) (1 hour and 10 minutes) + 10 minutes walk
From Maebashi Station to Shinjuku Bus Stop (1 hour and 10 minutes)

Contact

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

Telephone Number: +81 (0)256-42-4447 (Marusa Marche Fuefuki)

Telephone Language: Japanese only | URL: <https://www.marusa-marche.jp/>

Email: marusa-marche@marusa-marche.jp

Travel Language: Japanese



Check
the life



Recommended Accommodation

Togen-no-ie

This comfortable, vacation rental is a restored traditional farmhouse. The spacious and every building has a garden with a veranda where guests can try their hand at working food, making a meal, or lighting a fire. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden.

Address: 1111 Minobu, Minobu-cho, Minamimuro-gun, Yamanashi Prefecture

Telephone Number: +81 (0)256-42-4447 (Marusa Marche Fuefuki)

Telephone Language: Japanese

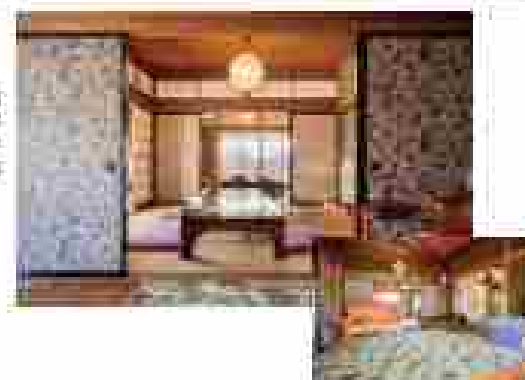
Access: 15-minute walk from Shinjuku Bus Stop or 10 minutes drive from JR Shinjuku Station

Check-in: 11:00 am | Check-out: 10:00 am

Rate: ¥10,000 (per night with 2 meals, 8 guests and above)

Website URL: <https://www.togen-no-ie.jp/>

Reservation Website URL: <https://www.togen-no-ie.jp/reservation/>



Recommended Restaurant

Marusa Marche Fuefuki

This first-potter offers a dining view of seasonal fruits from Yamanashi. In addition to delicious parfaits featuring fresh fruit, there are other treats like grape juice and peach, homemade bread, and other local products. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden.

Address: 2111 Minobu, Minobu-cho, Yamanashi Prefecture

Telephone Number: +81 (0)256-42-4447 (Marusa Marche Fuefuki)

Telephone Language: Japanese

Access: 10-minute walk from Shinjuku Bus Stop or 10 minutes drive from JR Shinjuku Station

Opening Hours: 10:00 am - 5:00 pm

Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Website URL: <https://www.marusa-marche.com/>

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Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Recommended Experience

Create an original parfait using seasonal fruits!

Discover your own unique parfait by creating your own fruit parfait. Cut the fruit and arrange the pieces with toppings and other ingredients. When it's completed, enjoy a parfait and then dig in before the ice cream melts in milk! This experience is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden. The property is a traditional Japanese house with a garden.

Address: 1111 Minobu, Minobu-cho, Minamimuro-gun, Yamanashi Prefecture

Telephone Number: +81 (0)256-42-4447 (Marusa Marche Fuefuki)

Telephone Language: Japanese

Access: 10-minute walk from Shinjuku Bus Stop or 10 minutes drive from JR Shinjuku Station

Duration: 10-15 minutes

Fee: ¥2,000 per person

Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

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Website URL: <https://www.marusa-marche.com/>

Reservation Website URL: <https://www.marusa-marche.com/reservation/>

Website URL: <https://www.marusa-marche.com/>

A woman wearing a white hooded raincoat stands on a rocky shore, holding a tray of food. The background shows a blue sea and a cloudy sky.

Osatsu Town,
Toba City, Mie

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



10. <http://www.fishbase.org>

Downloaded from <http://ajph.org/> on November 10, 2014

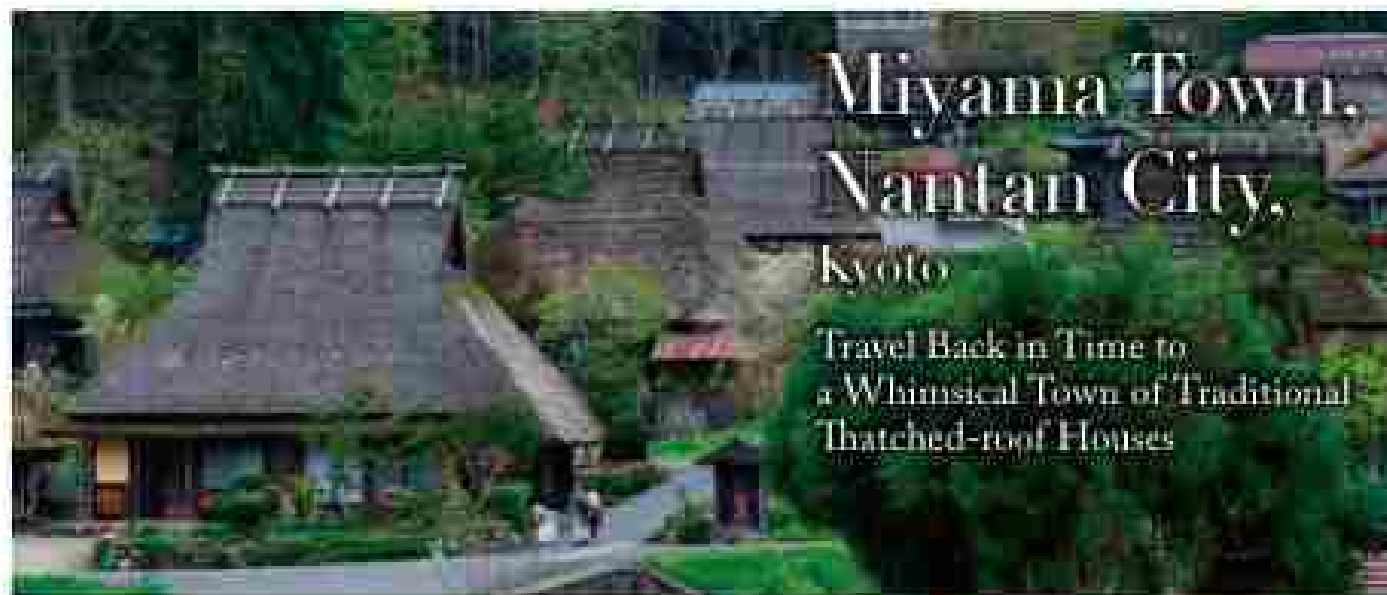


Misugi Town, Tsu City, Mie

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



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Miyama Town, Nantan City, Kyoto

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

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

Access

From Kyoto Station (Kansai Station) Onsenashi to Miyama (Nantan) Station
on JR San'in Main Line
A special direct bus service from Kyoto Station is also available
From Kyoto Station to Miyama (Nantan) on San'in Main Line Kyoto Station
to Miyama (Nantan), 7 hours and 30 minutes

Contact

Miyama Miyama Tourism Association
Telephone Number: +81 (0)771-75-1888 Telephone Language: Japanese, English
URL: <https://miyamamiyama.com/>
Email: info@miyamamiyama.jp Email Language: Japanese, English



Check
the site

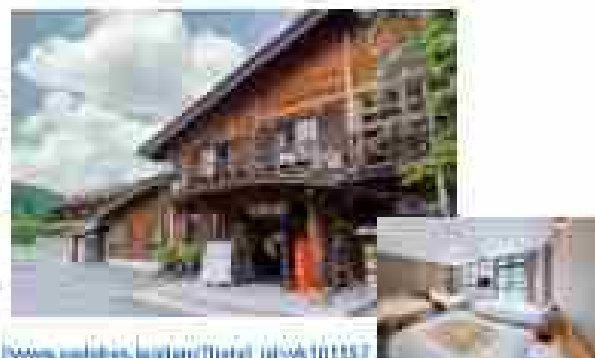


Recommended Accommodation

Miyama Nature & Culture Village Kajikaso

Lodging facilities in Miyama Nature & Culture Village offer a unique experience in a picturesque mountain village where camping is also an option. The log house-style building, crafted from local cedar wood, is made of the same atmosphere where 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 room building, a Western-style porch, and an area for groups of 10 or more in the form of a detached thatched-roof private house.

Address: 36 Maki-shinmura, Miyama-shi, Nantan-shi, Kyoto Prefecture
Telephone Number: +81 (0)771-75-1874 Telephone Language: Japanese, English
Access: From JR Kyoto Station, take the Nantan City Bus Miyama transfer line or Odaba Line to Chiraguchi (20 minutes), then walk for 5 minutes
Check-in: 15:00 - 19:00 Check-out: 10:00 am Rates/fee: ¥12,000 per person per night with 2 meals
Website URL: <https://miyamamiyama.com/miyama/> Reservation Website URL (Japanese Only): <https://www.gakko.jp/miyama/miyama/>



Recommended Restaurant

Ryokan Chinsenro

This traditional Japanese inn, established more than 110 years ago, is nestled in a scenic Japanese landscape. Visitors, including those traveling online, 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 flavor of the produce. Visitors can enjoy traditional Japanese dishes that have been passed down through the generations.

Address: 28 Nakagawa-cho, Miyama-shi, Nantan-shi, Kyoto Prefecture
Telephone Number: +81 (0)771-75-0883
Telephone Language: Japanese, English
Access: From JR Kyoto Station, take the Nantan City Bus Miyama transfer line or Odaba Line to Chiraguchi (20 minutes), then walk for 7 minutes
Opening Hours: Lunch 11:30 am - 2:00 pm Dinner 5:30 pm - 9:00 pm
Onsen: Indoor hot springs (4000 yen for 2 people, 6000 yen for 4 people)
Foreign Language Menu: Available Accepted Credit Cards: VISA/MasterCard/Amex
Website URL: <https://ryokanchinsenro.com/en/visit/restaurant/>



Recommended Experience

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

Experience a 3-hour home visit in a traditional Japanese farmhouse. Enjoy a guided walk through the surrounding village and try your hand at harvesting seasonal vegetables during harvesting season only. After the walk, your guide will bring you back to the farmhouse in Dosh. Together with Kenji-san, you will cook Japanese dishes such as miso soup and miso ramen, and enjoy your meal around the table. Home.

Meeting Place: Kyoto Station Kyoto Onsenashi to Miyama (Nantan) Station
Event: 2019 Miyama City, Nantan-shi, Kyoto Prefecture
Telephone Number: +81 (0)771-75-0883
Telephone Language: Japanese, English
Access: From JR Kyoto Station, take the Nantan City Bus Miyama transfer line or Odaba Line to Chiraguchi (20 minutes), then walk for 2 minutes (Walking: 3 hours)
Fee: 10,000 yen for 1 person, 15,000 yen for 2 people, 20,000 yen for 3 people, 25,000 yen for 4 people, 30,000 yen for 5 people, 35,000 yen for 6 people, 40,000 yen for 7 people, 45,000 yen for 8 people, 50,000 yen for 9 people, 55,000 yen for 10 people
Language Supported: Japanese, English Accepted Credit Cards: VISA/MasterCard
Website URL: <https://miyamamiyama.com/en/visit/experience/>
Reservation Website URL: <https://miyamamiyama.com/en/visit/experience/>
Reservations: Reservations for 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 southwestern 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 Capital Preservation Law, now 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 plum trees and an ancient burial mound.

Access

From Osaka Abenoashi Station on the Keintetsu Limited Express to Fushimi Inari Station
Asuka Station, or Sakurai Station (10 minutes)
From Kyoto Station on the Keintetsu Limited Express to Fushimi Inari Station
Asuka Station, or Sakurai Station (10 minutes)
From Osaka Nishi Station on the Keintetsu Limited Express to Fushimi Inari Station
Asuka Station, or Sakurai Station (10 minutes)

Contact

Asuka Village Commercial and Industrial Association
URL: <http://asuka-taken.jp/en/about/asuka/>
Email: info@asuka-taken.jp Email Language: Japanese, English



Check
the site



Recommended Accommodation

BRANCHERA VILLA ASUKA

A renowned Japanese cultural project, this is a unique 21st-century retreat house. This low-rise, modern-style house has been carefully furnished with modern equipment and convenient amenities, but it retains its traditional appearance. There are two distinctive guest rooms, Nishiki no Ma and Yamanote no Ma, each with its own private garden.

Address: 280 Asuka Village, Sakurai-gun, Nara Prefecture
Telephone Number: +81 (0)73-622-2545 Telephone Language: Japanese
Access: From Kyoto Station, take the Keintetsu Limited Express to Fushimi Inari Station, then transfer to the Asuka Line to Asuka Station (10 minutes)
Check-in: 15:00 - 19:00 Check-out: 10:00 am Rates/fee: ¥12,000 per person per night with 2 meals
Website URL: <https://www.asuka-villa.jp/en/visit/> Reservation Website URL: <https://www.asuka-villa.jp/en/visit/>



Recommended Restaurant

Cafe Kotodama

This cafe, with its warm atmosphere, is a favorite spot for many visitors. The menu features seasonal dishes that include fresh vegetables and ingredients purchased for the chef each morning, and in addition, each item is made with care and attention. This is the most popular restaurant in the village, known for its relaxed atmosphere.

Address: 280 Asuka Village, Sakurai-gun, Nara Prefecture
Telephone Number: +81 (0)73-622-2545
Telephone Language: Japanese
Access: From Kyoto Station, take the Keintetsu Limited Express to Fushimi Inari Station, then transfer to the Asuka Line to Asuka Station (10 minutes)
Opening Hours: 10:00 am - 4:00 pm (10:00 am - 10:00 pm on Saturdays, Sundays, and national holidays)
Closed: Tuesdays and the 3rd Wednesday of the month (except for the day after a national holiday)
Reservation Website URL (Japanese Only): <https://www.cafe-kotodama.com/>



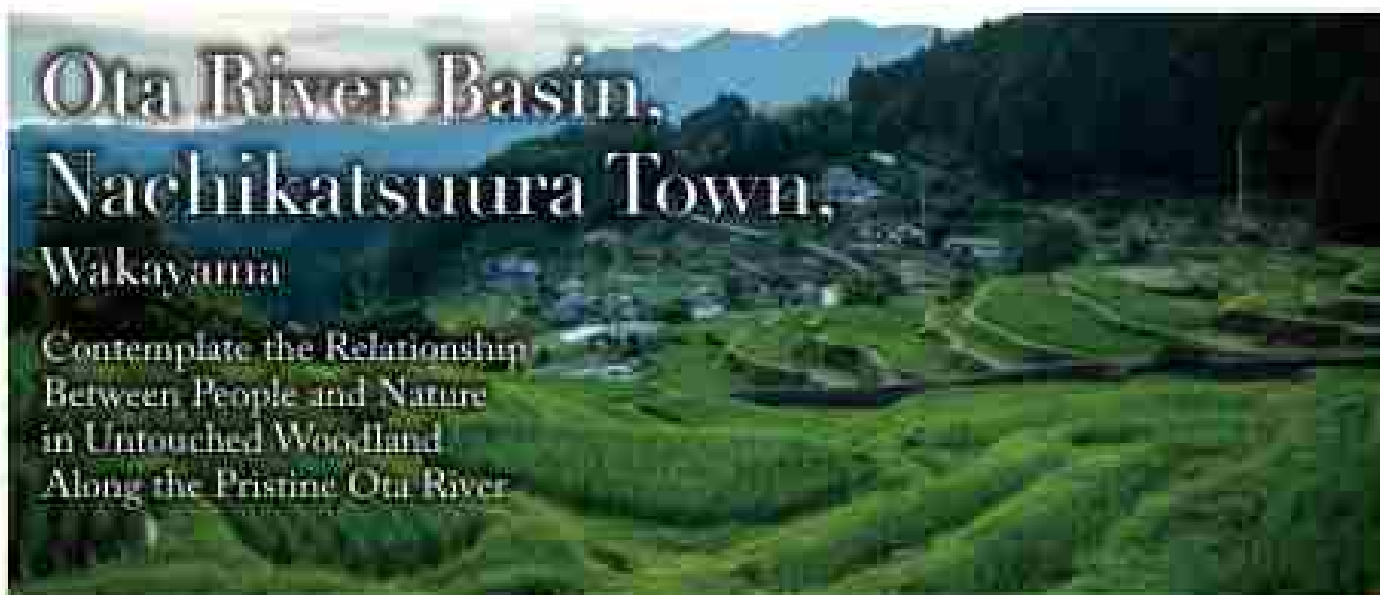
Recommended Experience

Soy sauce brewery tour and making your own soy sauce

Takatsuki Soy Sauce Factory is the only soy sauce factory in the village with over 100 years of history. After seeing the 100-year-old factory and learning about soy sauce production, visitors will have the opportunity to make their own soy sauce, which they will then enjoy in the delicious miso soup dumplings that they will make themselves. Those who choose the dinner plan can also enjoy a special buffet dinner using Takatsuki soy sauce.

Meeting Place: 180 Asuka Village, Sakurai-gun, Nara Prefecture (Kotodama)
Telephone Number: +81 (0)73-622-2545 (Asuka Village Commercial and Industrial Association)
Telephone Language: Japanese and English Access: From Kyoto Station, take the Keintetsu Limited Express to Fushimi Inari Station, then transfer to the Asuka Line to Asuka Station (10 minutes)
Opening Hours: 10:00 am - 4:00 pm (10:00 am - 10:00 pm on Saturdays, Sundays, and national holidays)
Closed: Tuesdays and the 3rd Wednesday of the month (except for the day after a national holiday)
Reservation Website URL: <https://asuka-taken.jp/en/visit/experience/>
Reservation Website URL: <https://asuka-taken.jp/en/visit/experience/>
Reservations: Reservations for 2 business days in advance using the reservation form





**Ota River Basin,
Nachikatsuura Town,
Wakayama**

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

Deep in the southern part of the Kii Peninsula, the Ota River flows down its source at Mount Nachi down into the Katsuragi-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 Imakaze 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 Shimada and Katsuragi areas offer a maritime town atmosphere rich in history and culture. This region invites visitors to experience deep connections with local nature and each other.

Access

From Shin-Osaka Station to Kii-Atsuta Station by Shinkansen Express (4 hours)
From Kii-Atsuta Station to Nachikatsuura Station by JR Limited Express (2 hours and 10 minutes)
From Nachikatsuura Station to Nachikatsuura Station by Minami-Sanriku Express to Kii-Atsuta Station (1 hour and 10 minutes)
From Shin-Osaka Station to Kii-Atsuta Station by Shinkansen Express (4 hours and 10 minutes)
From Shin-Osaka Station to Nachikatsuura Station by Shinkansen Express (4 hours and 10 minutes)

Contact

Ota River Basin Farming Promotion Council
URL (Japanese only): <http://ota-basin.jp/>
Email: ota-basin@ota-basin.jp

Recommended Accommodation

WhyKumano Hostel & Cafe Bar

This hostel, located just a 10-minute walk from Kii-Kumano 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. Finally, we'll find the quietest area here. WhyKumano Hostel & Cafe Bar is a place where you can enjoy the company of fellow travelers.

Address: 215-1-1 Tachibana, Nachikatsuura City, Wakayama Prefecture
Telephone Number: +81 (073) 42-0831 / Telephone Language: Japanese, English
Check-in: 15:00 / Check-out: 10:00
Rates: From ¥1,200 per person per night (without meals)
Website URL: <http://whykumano.com/>
Reservation Website URL: <http://www.booking.com/>



Recommended Restaurant

Experience Restaurant Aima

This restaurant offers a variety of dishes, including local specialties, and provides a comfortable atmosphere for dining. The menu features a variety of dishes, including local specialties, and provides a comfortable atmosphere for dining.

Address: 41-1 Ota, Nachikatsuura City, Wakayama Prefecture
Access: From JR Kii-Atsuta Station, take the Ota River Line (10 minutes) to Nachikatsuura Station, then walk for 10 minutes.
Opening Hours: 11:00 a.m. - 10:00 p.m. (last seating at 9:00 p.m.)
Cuisine: Japanese, Italian
Website URL (Japanese only): <http://www.aima222.com/website>
Reservation Website URL (Japanese only): <http://www.aima222.com/website>

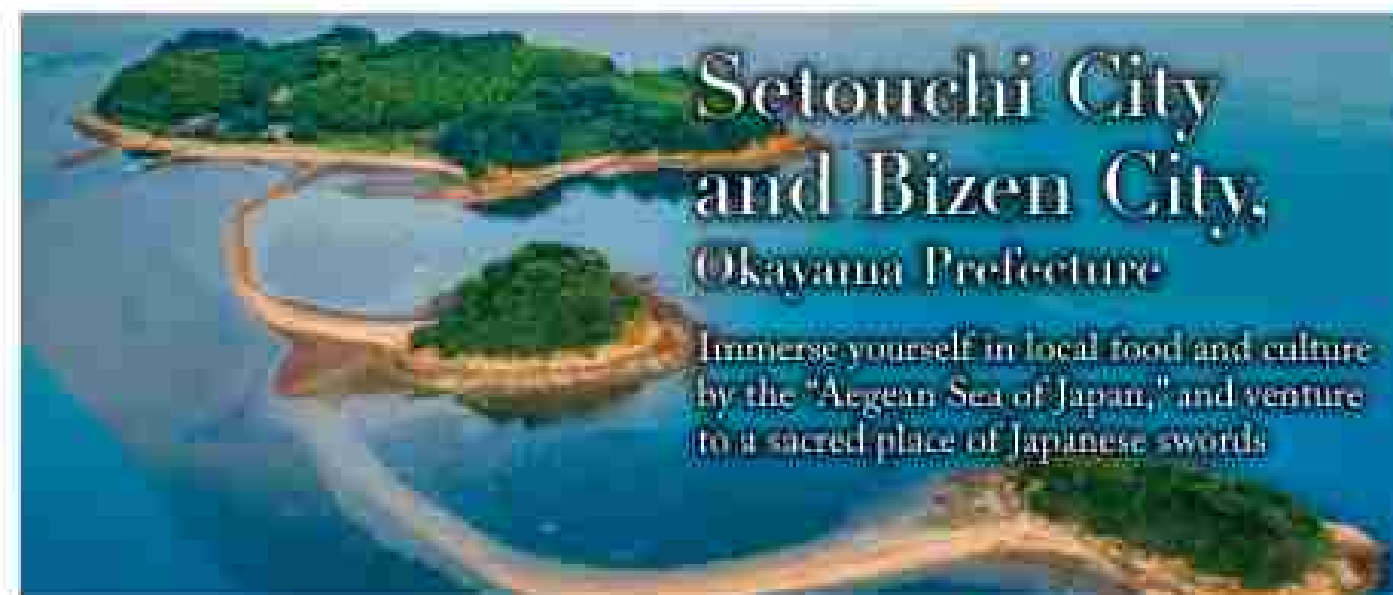
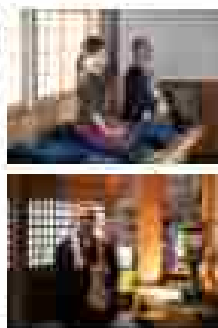


Recommended Experience

Temple Experience

Located along the Katsuragi River, the 1,200-year-old Dainichi Temple offers a variety of activities, including meditation, tea ceremony, and traditional Japanese crafts. The temple is a beautiful example of traditional Japanese architecture and offers a peaceful atmosphere for visitors.

Address: 111 Minamiyama, Nachikatsuura City, Wakayama Prefecture
Telephone Number: +81 (073) 42-0831 / Telephone Language: Japanese, English
Access: From JR Kii-Atsuta Station, take the Ota River Line (10 minutes) to Nachikatsuura Station, then walk for 10 minutes.
Opening Hours: 10:00 a.m. - 5:00 p.m.
Rates: From ¥1,200 per person (including entrance fee and tea ceremony)
Website URL: <http://www.dainichi-temple.jp/>
Reservation Website URL: <http://www.dainichi-temple.jp/>



**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

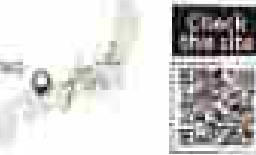
Setouchi City and Bizen City, located in southwestern Okayama Prefecture, are two rural areas blessed with warm weather and abundant nature. Setouchi City is particularly well known for its long history of Japanese sword making, which is showcased at the popular Bizen Chado Sword Museum. Ushimaki Town in Setouchi City is known as the "Aegean Sea of Japan" thanks to its beautiful blue waters dotted with picturesque islands. Once on the coast of Bizen City, the town of Himeji is renowned for its castle, with its famous night view, such as the Himeji Castle, putting the town on the map.

Access

From Okayama Station to Setouchi City by Shinkansen (25 minutes) / Setouchi Station (20 minutes)
From Setouchi Station to Bizen City by Shinkansen (25 minutes)
From Bizen City to Ushimaki Town by Shinkansen (25 minutes) / Ushimaki Station (20 minutes)
From Ushimaki Station to Bizen City by Shinkansen (25 minutes) / Bizen Station (20 minutes)

Contact

Setouchi City Tourism Association
Telephone Number: +81 (086) 41-0101 / Telephone Language: Japanese and English
URL (Japanese only): <http://setouchi-city.jp/>
Email: info@setouchi-city.jp / Email Language: Japanese and English



Recommended Accommodation

Nendokoro

This Japanese guesthouse, located in the heart of the town of Ushimaki, was built entirely as a "DTP" project and was designed as a place where guests can stay, play and live. The guesthouse is a beautiful example of traditional Japanese architecture and offers a peaceful atmosphere for visitors.

Address: 2008 Ushimaki, Ushimaki City, Okayama Prefecture
Telephone Number: +81 (086) 410-1111
Telephone Language: Japanese
Check-in: 15:00 / Check-out: 10:00
Rates: From ¥1,200 per person per night (without meals)
Website URL (Japanese only): <http://nendokoro.com/>



Recommended Restaurant

Tamatsu Shokudo

This traditional Japanese restaurant, located in the heart of the town of Ushimaki, was built entirely as a "DTP" project and was designed as a place where guests can stay, play and live. The restaurant is a beautiful example of traditional Japanese architecture and offers a peaceful atmosphere for visitors.

Address: 1001 Ushimaki, Ushimaki City, Okayama Prefecture
Telephone Number: +81 (086) 410-1111
Telephone Language: Japanese
Access: From JR Kii-Atsuta Station, take the Ota River Line (10 minutes) to Nachikatsuura Station, then walk for 10 minutes.
Opening Hours: 11:00 a.m. - 10:00 p.m.
Cuisine: Japanese, Italian
Website URL: <http://tamatsu-shokudo.com/>

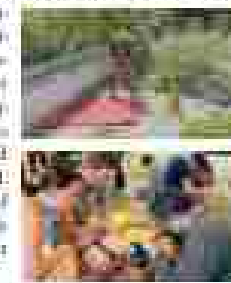


Recommended Experience

SAMURAI Bushido Experience: Sword Trial

Experience Bushido (the way of the warrior), the ancient warrior code of conduct reflecting the Japanese spirit. Learn about the Japanese culture embodied in Japanese swords, which are at the heart of the samurai spirit and the way of life. The trial is a wonderful opportunity to experience the samurai spirit and the way of life.

Address: 1001 Ushimaki, Ushimaki City, Okayama Prefecture
Access: From JR Kii-Atsuta Station, take the Ota River Line (10 minutes) to Nachikatsuura Station, then walk for 10 minutes.
Opening Hours: 10:00 a.m. - 5:00 p.m.
Rates: From ¥1,200 per person (including entrance fee and sword trial)
Website URL: <http://samurai-bushido.com/>
Reservation Website URL: <http://samurai-bushido.com/>



Hagi City, Yamaguchi Prefecture

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

David Heston, *University of Cambridge*; David Laussager, *University of Oxford*



Website URL (Japanese Only): <https://hoge-fusion-labs.com/engress/5.2/> Reservation Website URL (Japanese Only): <https://hoge-fusion-labs.com/engress/>

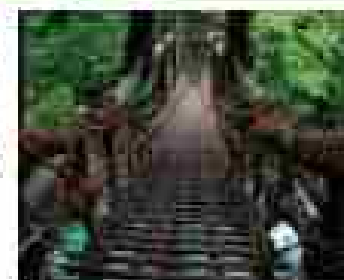


Healthcare Workers (HWH). <https://www.hwh.com/pressroom/pressreleases/2016/04/01/20160401-01.htm>

When a single observation can be made on the same treatment (or dependent) or when

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

Step Back in Time to Relive
a Thousand Years of Nature

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www.elsevier.com/locate/jmb



Yame Fukushima, Yame City, Fukuoka Prefecture

Experience traditional Japanese 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 endorsed by the area's leading status in Japanese tea production. Yame Fukushima, which flourished in a coffee town in the Edo period (1603-1868), retains its traditional, white-walled surroundings, and visitors can enjoy morning at old private homes preserved as inns. Try your hand at making traditional handicrafts, such as Japanese paper, washi-bamboo baskets, and indigo-dyed Kurume-garaku. The town's sake, which was developed in pair with the local cuisine, is also highly recommended.

Access

From Hakata Station to Hakata Station via the JR Hakata Line (see 10 minutes)
From Hakata Station to Hakata Station via the JR Hakata Line (see 10 minutes)
From Hakata Station to Hakata Station via the JR Hakata Line (see 10 minutes)



Check
the site



Recommended Accommodation

RITA Yame Fukushima

This atmosphere, built on a century-old, old traditional Japanese home. There is a room "one
somewhere that feels like home," the hotel, perhaps feels great in your Japanese hospitality here
check-in to check-out. A healthy vegetable breakfast is available, and hotel staff can assist guests in
exploring the traditional town.

Address: 12-1 Honmachi, Yame-shi, Fukuoka Prefecture
Telephone Number: +81 9443 24 1212 Telephone Languages: Japanese and English
Access: 15-minute drive from JR Hakata Station Check-in: 3:00 pm Check-out: 10:00 am
Rates: From 125,000 yen (nightly) with breakfast Accepted Credit Cards: VISA, MasterCard, JCB
Bedrooms: Available for up to 6 people (beds 2x2) (bunkers 2x2)
Bathrooms: Bathrooms available (bath 2x2) (bathrooms available from check-in to check-out)
Tobacco: No smoking style: Modern Japanese Wi-Fi Available
Website URL (Japanese Only): <http://rita-yame.fukushima.jp/>
Reservation Website URL: <http://reservations.fukushima.jp/yame/rita-yame-ota>



Recommended Restaurant

Ritain

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 chefs who have been
working with these stable ingredients for years. Typical
traditional dishes served with a contemporary touch.
There is also available for non-vegetarians.

Address: 11-1 Honmachi, Yame-shi,
Fukuoka Prefecture
Telephone Number: +81 9443 24 1212 RITA, Yame
Fukushima
Telephone Languages: Japanese and English
Access: 15-minute drive from JR Hakata Station
Dining Room: 1000 seats - 400 seats
Check-in: 3:00 pm - 10:00 pm
Cuisine: Japanese cuisine and traditional cuisine
Foreign Language Menu Available
Accepted Credit Cards: VISA, MasterCard, JCB
Website URL (Japanese Only): <http://rita-yame.fukushima.jp/>

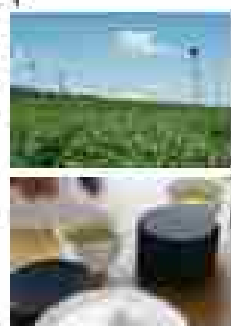


Recommended Experience

Yame Tea Plantation Tour and Artisanal Brewing Workshop

In Yame City, you can enjoy a tea plantation tour and
artisanal brewing workshop. Yame tea is a Yame tea
Garden and tea plantations, picking, and
brewing. This process tea production was first a 600-
year history, making it a ideal place to discover the
culture of tea.

Address: RITA Yame Fukushima, 12-1 Honmachi, Yame-shi,
Fukuoka Prefecture
Telephone Number: +81 9443 24 1212 RITA, Yame
Fukushima
Telephone Languages: Japanese and English
Access: 15-minute drive from JR Hakata Station
Duration: 2 days, 1 night
Fee: From 125,000 yen (nightly) including breakfast and expenses
Languages Supported: Japanese and English
Accepted Credit Cards: VISA, MasterCard, JCB
Website URL (Japanese Only): <http://www.rita-yame.fukushima.jp/experience/15048>
Reservation Website URL: <http://reservations.fukushima.jp/yame/rita-yame-ota>



Shimabara City, Nagasaki Prefecture

Play, learn, and connect:
the authentic Japan experience

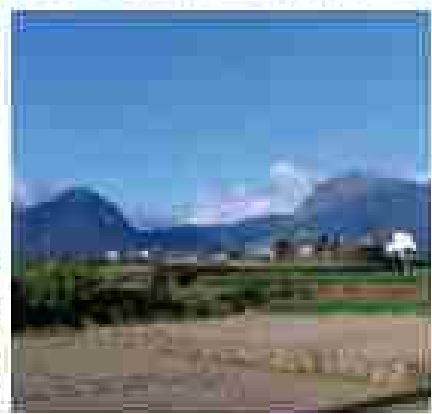
Located on the Shimabara Peninsula in southwestern Nagasaki Prefecture, Shimabara City has rich
nature, a historical Christian legacy, and a deep-rooted traditional Japanese lifestyle. The city is known
for its authentic Japanese culture, delicious food, and friendly locals. Visitors can relax in the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

Access

From Nagasaki Airport to Hakata Station via the Nagasaki Airport Bus, then to Shimabara Station
on the Shikoku Railway (2 hours, paid 10 minutes)
From Nagasaki Station to Hakata Station via the JR Nagasaki Shinkansen, then to Shimabara Station
on the Shikoku Railway (2 hours, paid 10 minutes)
From Kanagawa Port to Shimabara Port via the Kanagawa Bay (21 minutes, paid 1 hour)
From Shimabara Port to Hakata Station via the Shimabara Railway (1 hour, paid 10 minutes)

Contact

Shimabara City New Countryside Stay Japan
Telephone Number: +81 958 440 1800 Telephone Languages: Japanese and English
URL: <http://www.shimabara-stay.jp/> Email: info@shimabara-stay.jp 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 home, including the very traditional flowering spread wooden beams. Next
to the guesthouse is a converted two-story former private home, which can be used in half-rooms
for around 10 people, such as a room or workshop. The site includes approximately 4000 square
meters and can be used for various events like a barbecue or picnic.

Address: 2402-1, Ichikawa-cho, Shimabara-shi, Nagasaki Prefecture
Telephone Number: +81 958 440 1800 Telephone Languages: Japanese and English
Access: 15-minute drive from Shimabara Station Check-in: 11:00 am - 10:00 pm Check-out: 10:00 am
Rates: From 15,000 yen (nightly) with 2 meals (per person) (double occupancy)
Website URL (Japanese Only): <http://bravoworld.jp/>



Recommended Restaurant

Inohara Kanamono & Café Hayamegawa & Gallery

This cafe is inside the Inohara Kanamono Store,
established in 1977. In addition to Shimabara
Japanese Kanamono, the cafe serves local
cuisine, many made with fresh local vegetables,
and coffee made with spring water. The building is
a reconstruction of a late Edo-period (1603-1868)
cottage and is designated a Taisha Cultural
Property of Japan.

Address: 312, Ueno-cho, Shimabara-shi, Nagasaki
Prefecture
Telephone Number: +81 958 440 1800
Telephone Languages: Japanese
Access: 15-minute walk from Shimabara Railway Shimabara
Station
Opening Hours: 11:00 am - 10:00 pm (last order at 9:00
pm) (closed Mondays from 3:00 am - 10:00 pm)
Closed: Mondays and Sundays (closed from 3:00 am - 10:00 pm)
Website URL (Japanese Only): <http://inohara-kanamono.jp/>



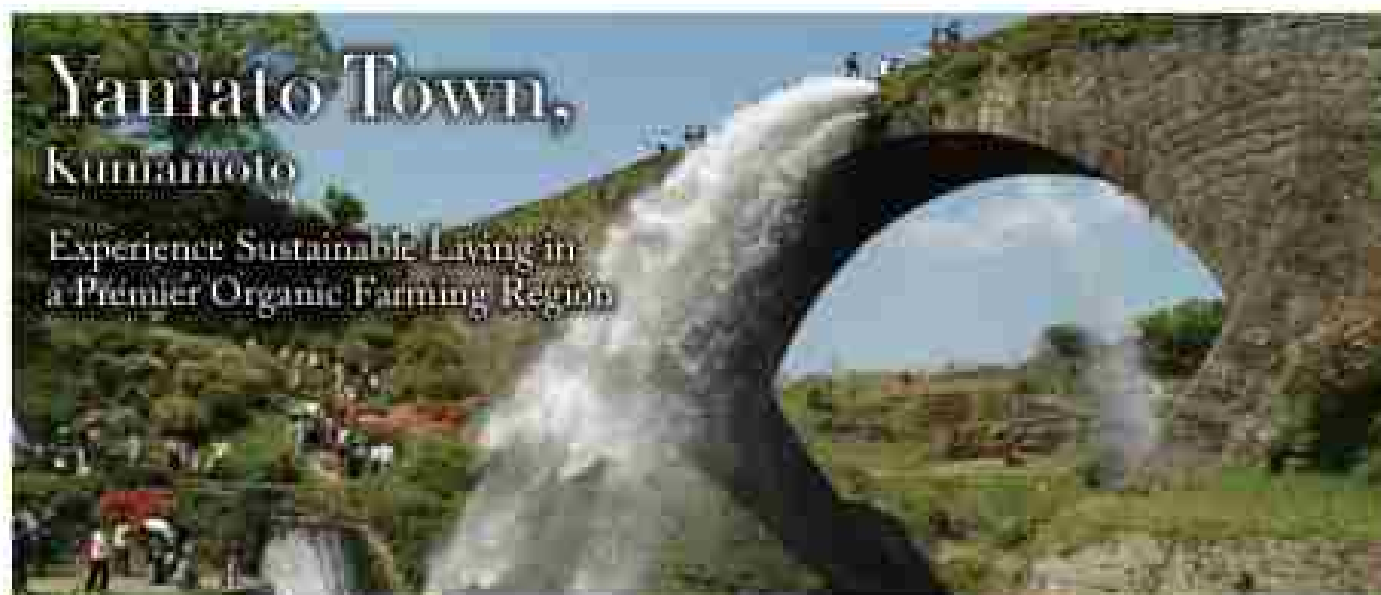
Recommended Experience

Experiences taking place in a former elementary school

In the old city located in the completed Shimabara
Village in Minami-Shimabara, visitors can
participate in various cultural and Japanese culture
programs, such as Japanese food preparation,
traditional hand-making, and agricultural
experiences. Visitors can learn about Japanese culture
sustainable practices and techniques, which have
been passed down for generations to contemporary
modern villages with us.

Address: 3421, Inohara-cho, Minami-Shimabara-
shi, Nagasaki Prefecture Telephone Number: +81
958 440 1800 (Shimabara House School) Telephone
Languages: Japanese and English Access: 40 minutes
drive from Shimabara Railway Shimabara Station (15-minute drive from Inohara Station) Dates:
From 11:00 am to 10:00 pm (closed from 3:00 am - 10:00 pm) Fee: 1000 yen (incl. 10,000
yen 1000 yen) (per person) (incl. 1000 yen 1000 yen) (per person) (incl. 1000 yen)
Website URL (Japanese Only): <http://inohara-kanamono.jp/>
Reservation Website URL: <http://reservations.fukushima.jp/yame/rita-yame-ota>





Yamato Town, Kumamoto

Experience Sustainable Living in
a Premier Organic Farming Region

Yamato Town is situated in the heart of Kyushu, on the southern point 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 Yamato Bridge, a registered National Treasure built in the 18th century and the largest mussel aqueduct in Japan. Even today, this popular tourist attraction is beautifully surrounded by approximately 1,000 square meters of rice paddies.

Access

From Hakata Bus Terminal to Yamato Bus Terminal via the Yakuza Express Bus or other express buses (1 hour and 30 minutes to 2 hours)
From Naha Bus Terminal to the Yamato Bus Terminal (operated jointly by Naha City Bus and Yamato Bus) via the Yamato Express Bus (operated jointly by Naha City Bus and Yamato Bus) (1 hour and 30 minutes to 2 hours)

Contact

Yamato Farmstay Committee

Telephone Number: +81 (0)96 774-2335 | Telephone Language: Japanese
URL (Japanese Only): <http://yamato-farmstay.com/>
Email: yamato-farmstay@yamato-farmstay.com | Email Language: Japanese



Check
the site



Recommended Accommodation

Compass labo YAMATO

With the motto "Travels from the inside out," this guest house offers you the chance to experience the charm of Yamato Town by preparing vegetable-based local cuisine that cleanses the body. The owner also operates an organic cafe in Kasanobiki City and grows and experiences a selection of the vegetables grown in a dedicated park in the house. A key highlight is the Japanese approach.

Address: 21 Chiyoda, Kasanobiki City, Kasanobiki City, Kumamoto Prefecture

Telephone Number: +81 (0)96 250-0000

Telephone Language: Japanese

Access: 5 minutes drive from Yamato Bus Terminal

Check-in: 15:00 pm | Check-out: 10:00 am

Room: from 40,000 yen (night and breakfast)

Website URL (Japanese Only): <http://compasslabo-yamato.com/> | Email: compasslabo@compasslabo-yamato.com



Recommended Restaurant

Motosatsumaya

This is a 100-year-old Japanese restaurant offering traditional seasonal kaiseki dishes made with seasonal local vegetables, seasonal organic fish, game meat, and other seasonal ingredients. Enjoy lunch and dinner courses featuring seasonal ingredients, serving at 10,000 yen (plus tax). Local produced sake pairing is also available. Reservations are required.

Address: 131 Hamaoka, Kasanobiki City, Kasanobiki City, Kumamoto Prefecture

Telephone Number: +81 (0)96 774-0000

Telephone Language: Japanese

Access: 5 minutes walk from Yamato Bus Terminal

Opening Hours: Lunch 11:00 am - 1:00 pm | Dinner 5:00 pm - 9:00 pm

Check: New Year's Holiday

Website URL (Japanese Only): <http://motosatsumaya.com/>



Recommended Experience

Miso Making Workshop *Maximum: 5 persons

Miso is a traditional Japanese food made by fermenting soybeans, rice, wheat, and other grains with salt and koji. This workshop allows visitors to learn the art of making this Japanese food. The ingredients include soybeans grown in Yamato Town and rice that grows from paddy fields in the town. Enjoy the taste of miso that was made from scratch.

Address: Hamaoka, Kasanobiki City, Kasanobiki City, Kumamoto Prefecture

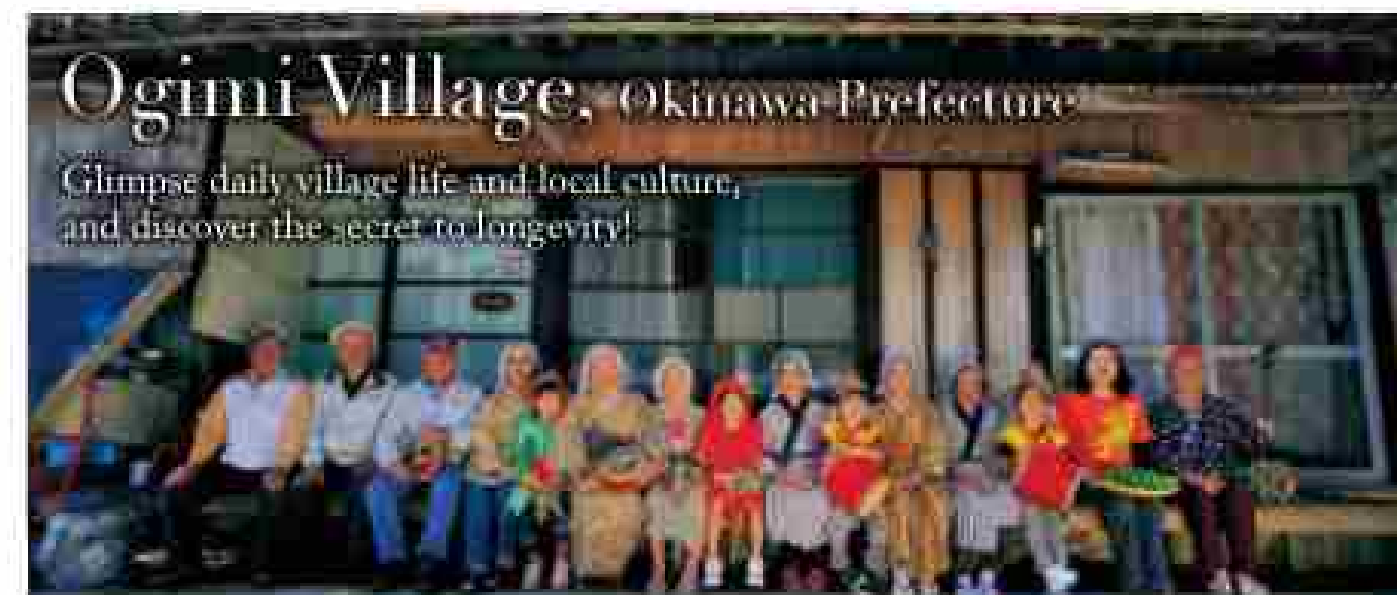
Telephone Number: +81 (0)96 774-2335 (Yamato Farmstay Committee)

Telephone Language: Japanese

Access: 10 minutes drive from Yamato Bus Terminal

Duration: 2 hours *Only during winter (from October 1st to March 31st)

Reservation: Call or email yamato-farmstay@yamato-farmstay.com



Ogimi Village, Okinawa Prefecture

Glimpse daily village life and local culture,
and discover the secret to longevity!

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 Hector Garcia and Francis Mitter for their book "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 ocean 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 Naha Bus Terminal via the Yakuza Express Bus or other express buses (1 hour and 30 minutes to 2 hours)

From Naha Bus Terminal to the Yamato Bus Terminal (operated jointly by Naha City Bus and Yamato Bus) via the Yamato Express Bus (operated jointly by Naha City Bus and Yamato Bus) (1 hour and 30 minutes to 2 hours)

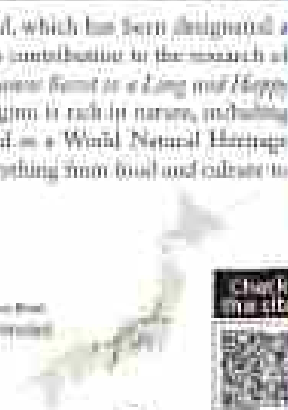
Contact

NPO Ogimi Maragoto Tourism Association

Telephone Number: +81 (0)98 44 1800 | Telephone Language: Japanese only

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

Email: ogimi@ogimi-tourism.com | Email Language: Japanese and English



Check
the site



Recommended Accommodation

Igimi Farmhouse Stay

Each house stays allow visitors to learn, immersed in the Okinawan countryside and to connect with the local people, making them feel as if they were in their own hometown. Try a variety of authentic experiences that make the most of the natural environment and the local life and culture, such as visiting, learning, understanding, and making the village. There are approximately 100 private houses that can be used as accommodation.

Address: Naha City, Okinawa

Telephone Number: +81 (0)98 44 1800 (NPO Ogimi Maragoto Tourism Association)

Telephone Language: Japanese

Access: Free by taxi | Check-in: Negotiable | Check-out: Negotiable

Room: ¥1,000 per night with 2 meals | ¥1,500 per night with 3 meals

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



Recommended Restaurant

Emi-no-Mise

Located in a house that preserves longevity, this restaurant uses ingredients grown in the island specifically for local consumption. The table of ingredients is the traditional dishes are those based on recipes that have been passed down through generations and are not new. Enjoy a course starting with the selection of local life, learning with the source of food and sea and food with local natural products. In addition, we have ready with healthy ingredients, the restaurant offers a variety of dishes perfect for enjoying seasonal vegetables.

Address: 27 Seigaku, Higashi-ku, Naha City, Okinawa Prefecture

Telephone Number: +81 (0)98 44 1800 (NPO Ogimi Maragoto Tourism Association)

Telephone Language: Japanese | Access: 10 minutes walk from Naha Bus Terminal

Opening Hours: 10:00 am - 4:00 pm (Wednesdays 11:00 am - 4:00 pm) (on weekends) (reservation required for non-residents) | Closed: Sunday, Public Holiday

Website URL: <http://ogimi-tourism.com/>



Recommended Experience

Trekking & Exploring at Ta-taki Waterfall

Embark on a nature tour through the forest of northern Okinawa. Trek with a local guide in the mountainous Ta-taki Waterfall in the Yakuza Forest. Walk through the natural area in the mountainous forest, where the power of nature will refresh your body and mind.

Meeting Point: Yakuza Forest Visitor Center, Naha City, Okinawa

Address: 27 Seigaku, Higashi-ku, Naha City, Okinawa Prefecture

Telephone Number: +81 (0)98 44 1800 (NPO Ogimi Maragoto Tourism Association)

Telephone Language: Japanese

Access: 1 minute walk from Naha Bus Terminal

Duration: 2 hours

Fee: ¥1,000

Website URL (Japanese Only): <http://ogimi-tourism.com/ogimi-tourism.com/ta-taki-waterfall/>

Reservation: Use the application form on the official website



