



Frosty Mountain Trekking

Climb Mt. Miune or Mt. Takami to See rime ice, spectacular natural phenomena that can only be seen in midwinter!



Waterfall Training & Meditation

You can experience non-religious casual waterfall training at Akame 48 Falls or guided meditation by a Buddhist priest at Seiyō-ji Temple.



Fruit Picking

Enjoy fruit picking by the season: grapes in summer-autumn and strawberries in winter-spring.



Farming Experience

Discover the joy of cultivating, the excitement of harvesting, and the delight of savoring delicious produce. You can experience rice planting and harvesting, sweet potato digging, Japanese bento making, mochi pounding, and more.



Ninja Training Experience

One of the most popular activities at Akame 48 Waterfalls. Get dressed in a ninja costume and throw shuriken ninja stars!



ACTIVITIES & EXPERIENCES



WHAT TO DO, EAT, SHOP IN EAST NARA NABARI



Bento Bliss in a Mountain Village

This is a guided tour to make your own sushi and lunch box with local ingredients. You can also visit a historic shrine and hike in the beautiful forest.



Japanese School Life Experience

Be a student and spend a day like you've seen in Japanese anime. You attend classes such as social studies, arts and crafts, and home ec (cooking).



Tea Picking & Processing Experience

Process your hand-picked leaves into aromatic tea. You pick, roll, knead the leaves, and fire them to get tea. The tea time after hard work must be such bliss!



Cycling & Hiking

Ride or walk through the picturesque nature. We offer short and long-distance routes. Maps and guided tours are available.



Wagyu Beef

Our area boasts of two remarkable beef brands. We take great pride in these brands and their exceptional quality.

Iga Beef

- 1 Okuda 2 Marufuku 3 Sandayu

Yamato Beef

- 4 Kanaya 5 Ushigen 6 Fukujukan



Local Liquor

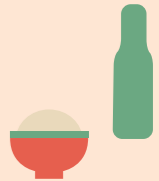
The geographical features of our area contribute to the brewing of sake as well as beer.

Local Sake

- 7 Takijiman Sake Brewing 8 Kubo Honke Brewery

Craft Beer

- 9 Okuyamato Beer 10 The Good Wolf Brewery 11 Soni Kogen Beer



Mountain Cuisine

Savor game meat such as wild boar and venison, along with river fish, wild vegetables, and herbs.

- 12 Sugigase 14 Hashimoto-ya 15 Nakamura-ya 16 Daigan-ji Temple 17 Kinoko no Yakata

Casual Guesthouse

Most guesthouses are affordable and offer good old Japanese atmospheres of traditional folk houses.

Japanese Inn with Hot Spring

Experience authentic Japan by staying at a ryokan (inn), enjoy superb meals and relax in the onsen (hot spring).

Luxurious Hideaway

Spend a premium time at a high-end Japanese inn that takes only one or a few groups at one time.

ACCOMMODATIONS

GOURMET