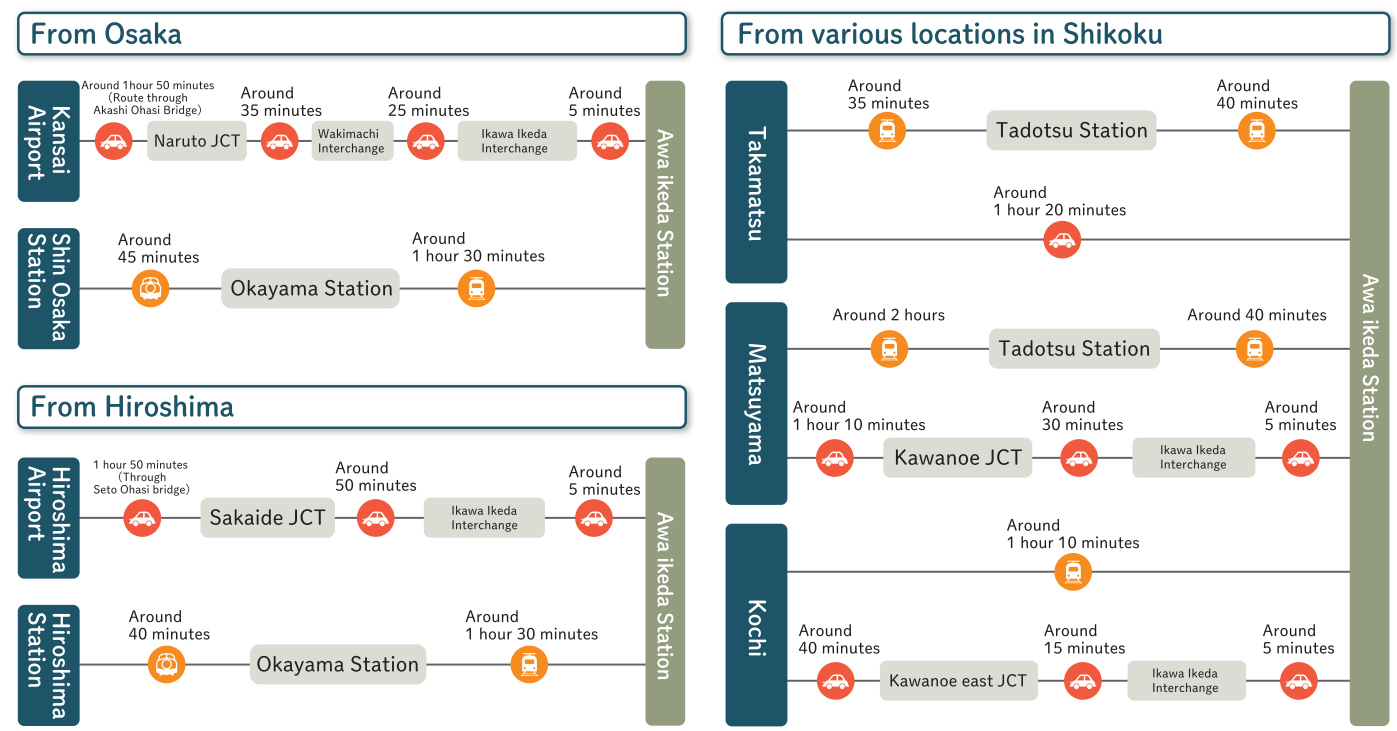


Shikoku Access Map

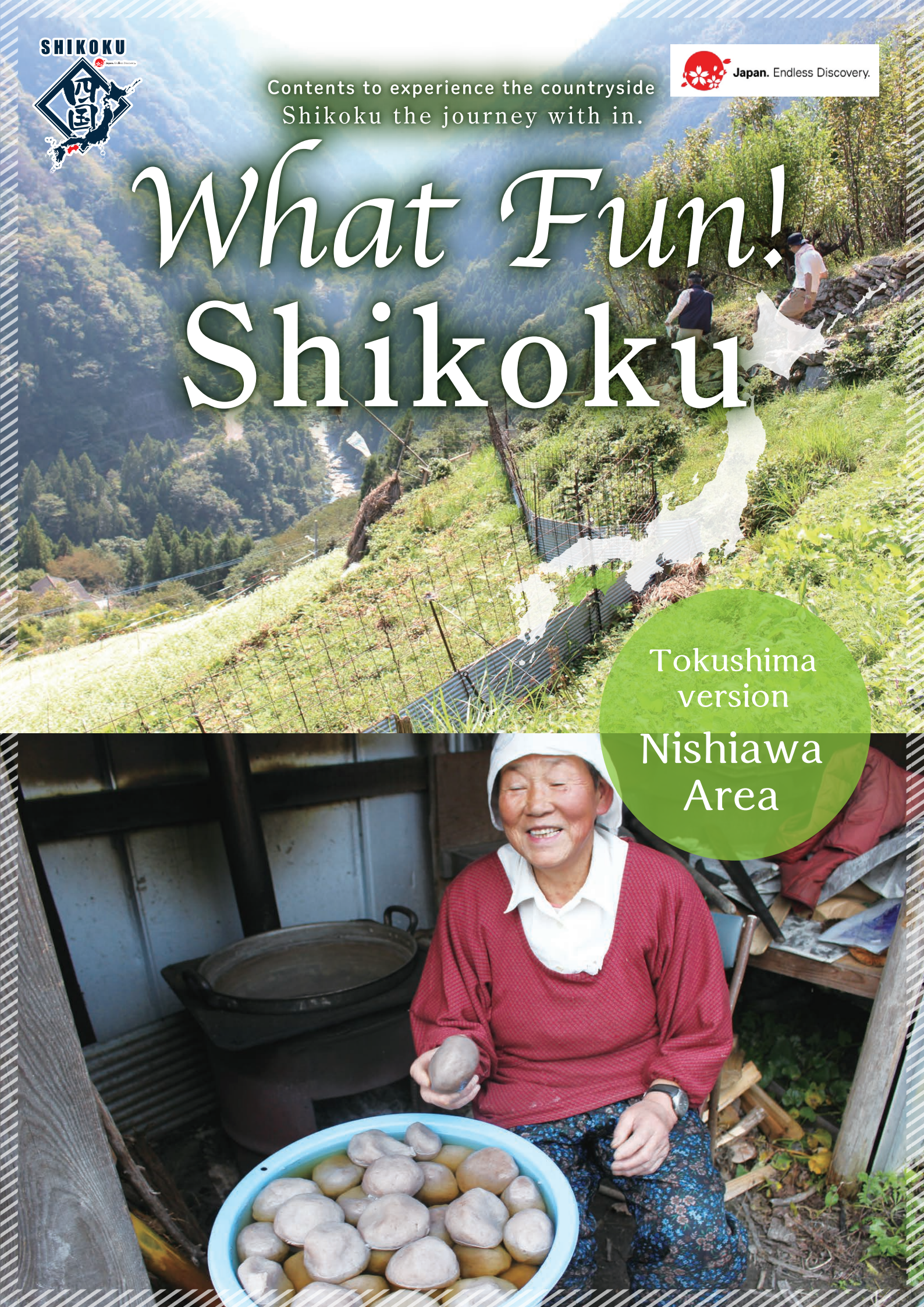
Shikoku the journey with in.
You will have a special time
in the countryside of Shikoku.
Shikoku the journey within.



Access to west Awa bullet train (shinkansen) train bus or rental car



Contact/ resigtration



Tokushima
version
Nishiawa
Area

What Fun! Shikoku

Tokushima
version
Nishiawa Area

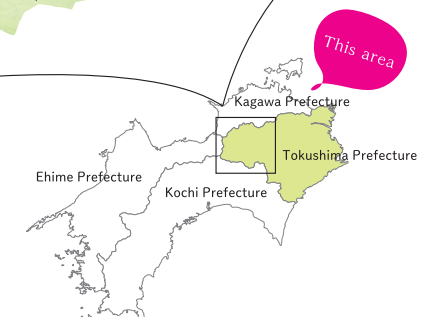
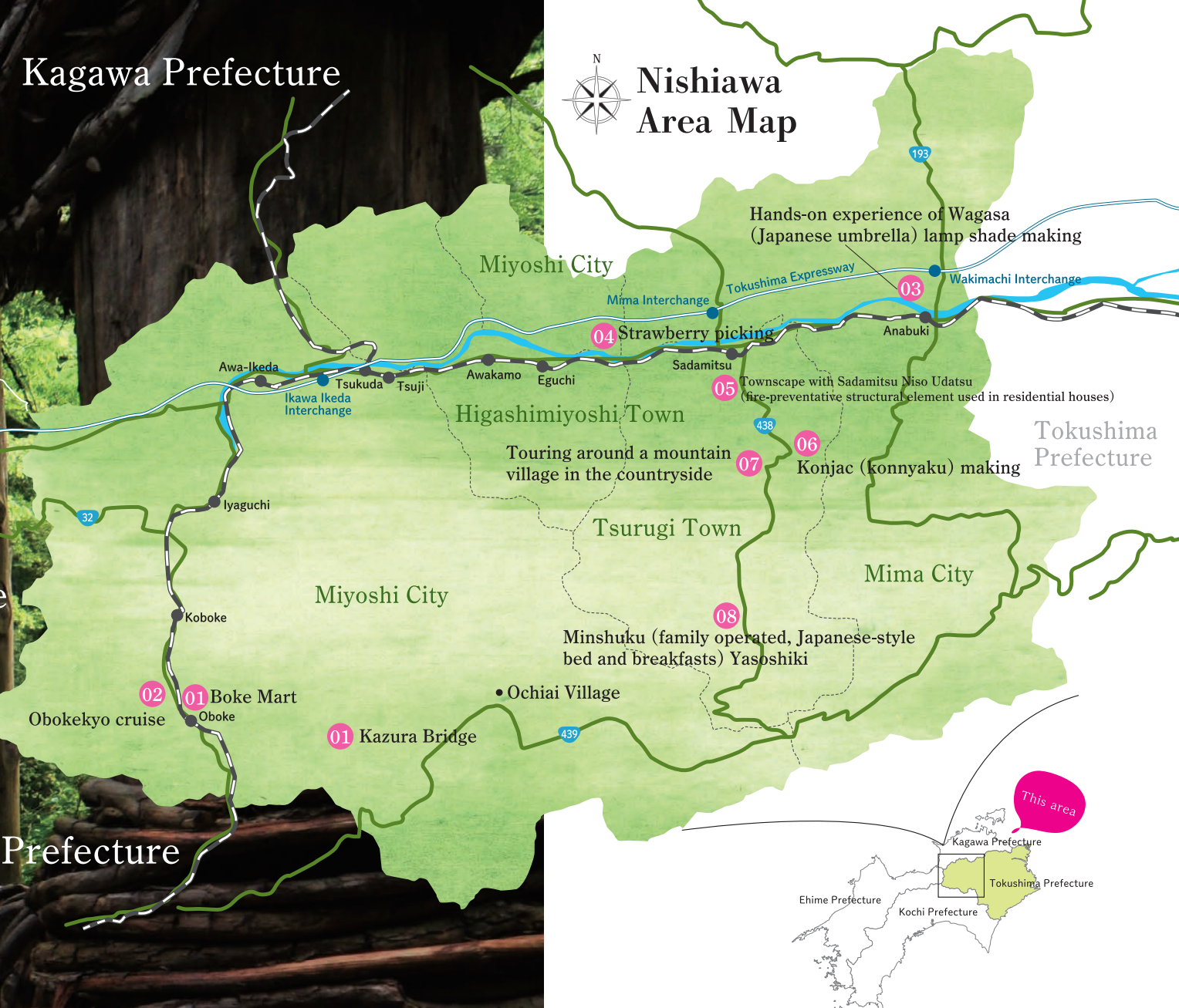


Kagawa Prefecture

Nishiawa
Area Map

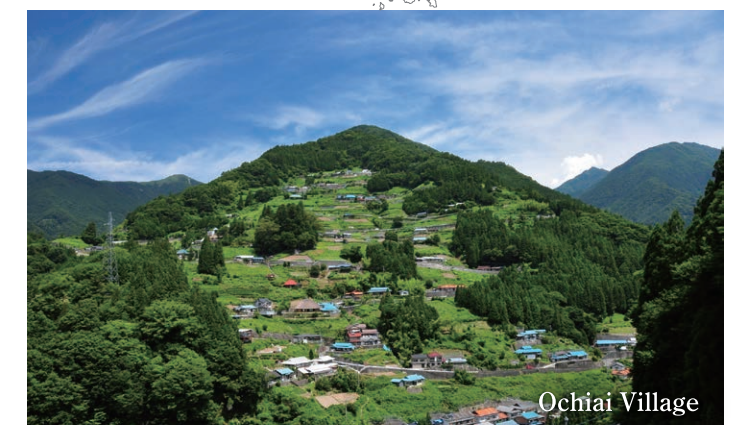
Ehime Prefecture

Kochi Prefecture



In the bosom of the magnificent
views created by nature in Shikoku

Iya Kazura Bridge



Ochiai Village



Iya Valley with autumn color



01

Iya/
Oboke

After crossing the thrilling Kazura Bridge, relax with tea that you grind

Undiscovered region! Iya Kazura Bridge and hands-on tea grinding experience

"Iya Kazura Bridge" is referred to as one of the three bridges with unique structures in Japan. Associated with the Taira family's legend, it is said to be made of plants called "kazura" that samurai warriors cut off to shake off their pursuers. The bridge is as long as 45 meters and has a width of 1.5 meters.

"Boke Mart" is a local supermarket located in front of JR Oboke Station. In the shop which has many local specialties produced in Miyoshi City, a "hands-on experience of tea grinding" is offered. Turn a mortar by yourself and taste freshly ground tea.

- Tea grinding with a mortar
- Free of charge ● Boke Mart ● Boke Mart (0883-84-1111)
- Boke Mart (7, Tokuzennishi, Nishiiyayamamura, Miyoshi City) ● Boke Mart (<http://www.bokemart.jp>)
- Please call Boke Mart (0883-84-1111)
- 1 person or over ● Offered for one by one ● All year except regular holidays
- Boke Mart - April 1 - October 31: 8:00 - 19:30, November 1, March 31: 8:00 - 19:00
- Boke Mart - January 1, 3rd Sundays in January and February
- Around 2 - 3 minutes ● Please contact Boke Mart in Japanese.

- Iya Kazura Bridge
- Adult: 550 yen, children (primary school students): 350 yen
- Iya Kazura Bridge ● Miyoshi City Tourist Information Center
- Miyoshi City Tourist Information Center (0120-404-344)
- 162-2, Zentoku, Nishiiyayamamura, Miyoshi City
- Oboke/Iya Tourist Navigation (<http://www.miyosinavi.jp>)
- No reservations required ● 1 person or over ● None
- All year (from sunrise to sunset) ● From sunrise to sunset ● Open every day ● Around 5 minutes
- * It takes 15 minutes by car from Iya Kazura Bridge to Boke Mart.



02

Iya/
Oboke

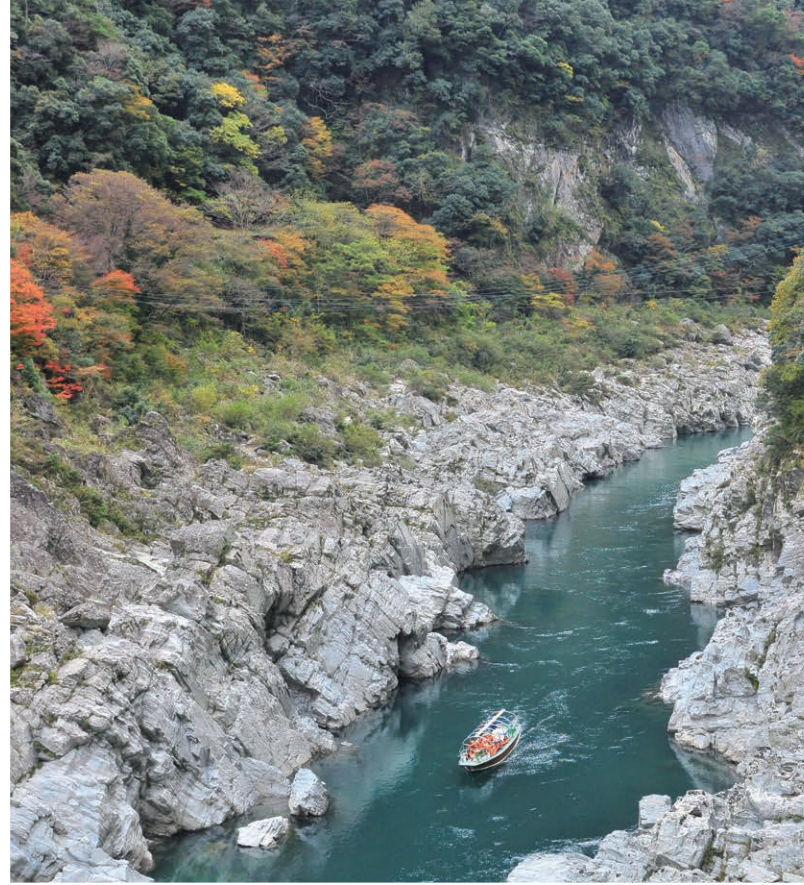
Beautiful rock valley created by nature

Colored with new green leaves and autumn leaves

Obokekyo sightseeing cruise

The Oboke Bridge has been designated as a national scenic beauty and has a superbly beautiful valley. Enjoy cruising and the scenery of rocks with unique shapes and huge boulders. You can have a "donburi" (rice bowl dish) based on an image of "hitotsume youkai" (one-eye specter) which appears in old legends of specters. (additional fee).

- Obokekyo sightseeing cruise
- [Usage fee] Adult: 1,080 yen/Children (3-year-old children up to primary school students): 540 yen
- * Group discount (groups of 15 persons or over) Adult: 980 yen/Children: 490 yen
- Obokekyo Mannaka ● Obokekyo Mannaka
- 0883-84-1211
- 1520, Nishiu, Yamashiro-cho, Miyoshi City
- <http://www.mannaka.co.jp>
- Operated as needed
- Cruising is offered for one or more persons.
- All year (open 7 days a week)
- 9:00 ~ 17:00 ● None
- Around 30 minutes (duration for cruising)
- Cruising is canceled if flood, strong wind, rainstorm, etc., affect operation.



03

Mima
City

Hands-on experience of making traditional craft "Mima wagasa" (Japanese umbrella)

Hands-on experience of wagasa lamp shade making learned from craftsman

Hands-on experience of making the traditional craft of Mima, "wagasa"

Around 1955, there were as many as 200 wagasa producers in Mima Town, Mima City, and they shipped around 1 million wagasas. Mima wagasa, a traditional craft in Mima, uses local bamboo and is manually produced from materials to finish. Through lamp shade making, you can casually learn its manufacturing processes. By putting washi on the same frame as wagasa, you can enjoy the marriage of traditional craft and art.

- Wagasa lamp shade: 2,000 yen or over ● Mima City Tourism Exchange Center
- Mima Wagasa Seisaku Shudan ● 090-4290-8012
- 45-1, Oaza Wakimachi, Wakimachi, Mima City
- <http://www.city.mima.lg.jp/kankou/kankouannai/miru/kouryu-center.html>
- Reservations by phone (required at least two weeks in advance.) ● 1 person
- 1 - 6 persons ● All year ● 10:00 - 17:00 (hands-on experience: 15:00)
- Every 2nd Wednesday ● 1 hour ~ 2 hours



04

Higashi
miyoshi
Town

Certified as the best strawberry farmer by "nippon-1 net"

Strawberry picking and hands-on experience of making excellent "ichigo daifuku" (Japanese confectionary made of strawberry, rice cake and sweet azuki beans)

Taste strawberries you pick and make excellent ichigo daifuku!

- Inquiries required
- Shimizu, Mino-cho, Miyoshi City, Tokushima Prefecture (plastic greenhouse)
- Mr. Akira Kondo, the owner of a farm house offered as a minshuku "Ichigo House" ● 090-8282-3718 ichigocankondo@cameo.plala.or.jp
- 144, Aza-Nakamyo, Nishisho, Higashi Miyoshi-cho, Miyoshi County, Tokushima Prefecture ● <http://www.ichigo-nishiawa.com/>
- Reservations required at least 3 days in advance
- 1 person ● 1 - 20 persons ● Inquiries required
- 8:00-19:00 ● Irregular holidays ● Around 90 minutes
- Bring aprons and towels, and put on casual clothes which can get messy and are easy to move around in.
- * Amount to be picked and size of strawberries may differ depending on the growing conditions.





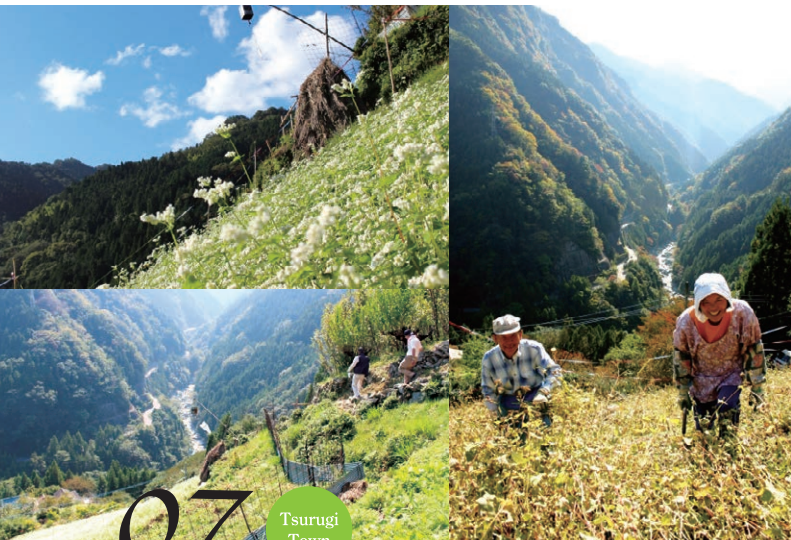
05 Tsurugi Town

Guides will take you to the street which has many well-preserved old merchant houses

Strolling on the street of houses with Sadamitsu Niso Udatsu

Enjoy the street with Sadamitsu Niso Udatsu accompanied by guides certified by the town, "Tsurugi no tatsujin" (master of Tsurugi). Enjoy casual walks sometimes into small back streets and visit shops.
Course model: Former Nagai Residence => Matsuo Shrine => Orimotoya => Mount Tsurugi Signpost => Former Nagai Residence

②2,000 yen ②Townscape with Tsurugi Town Sadamitsu Niso Udatsu (fire-preventative structural element used in residential houses)
②Commerce, Industry and Sightseeing Section, Tsurugi Town Office ②0883-62-3114
②1-3, Higashiura, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
②http://www.town.tokushima-tsurugi.lg.jp/kokubunhome/index.html
②Application required at least a week in advance ②1 person ②10 persons
②Entire year excluding year-end through New Year holidays ②10:00-16:00
②Year-end through New Year holidays ②90 minutes
②Course can be changed upon request. Applications accepted 9:00 - 17:00 on weekdays. Guides speak English.
Apply in Japanese. Groups of 10 persons or more are negotiable.



07 Tsurugi Town

Let's go to a tourist farm with buckwheat flowers on a steep slope!

Tour around the mountain village in the countryside and mingle with local people

In October, buckwheat fields on a steep slope exceeding 25 degrees are open to the public as a tourist farm.

②500 yen ②Sarukai, Sadamitsu, Tsurugi Town ②Commerce, Industry and Sightseeing Section, Tsurugi Town Office ②0883-62-3114
②1-3, Higashiura, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
②http://www.town.tokushima-tsurugi.lg.jp/kokubunhome/index.html
②Late September to the middle of October ②10:00-16:00 ②30 minutes ②Events which do not require an application and with explanation by local people are organized with limited time and date. Foreign languages not handled, interpreter required



06 Tsurugi Town

Konjac (konnyaku) making by using water after boiling buckwheat husk

Mystic konjac (konnyaku) making by using water after boiling buckwheat husk

You can experience making tasty and healthy konjac (konnyaku) which can only be made with delicious water.

②1,500 yen ②Mikidochi, Sadamitsu, Tsurugi Town ②Commerce, Industry and Sightseeing Section, Tsurugi Town Office ②0883-62-3114 ②109, Mikidochi, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
②http://www.town.tokushima-tsurugi.lg.jp/
②Application required at least 3 days in advance ②2 persons ②7 persons
②All year ②13:00-7:00 ②Saturdays, Sundays and holidays ②4 hours
②Irregular holidays due to local festivals, etc. Interpreter required.



08 Tsurugi Town

Japanese bush warblers' singing and a star-filled night sky

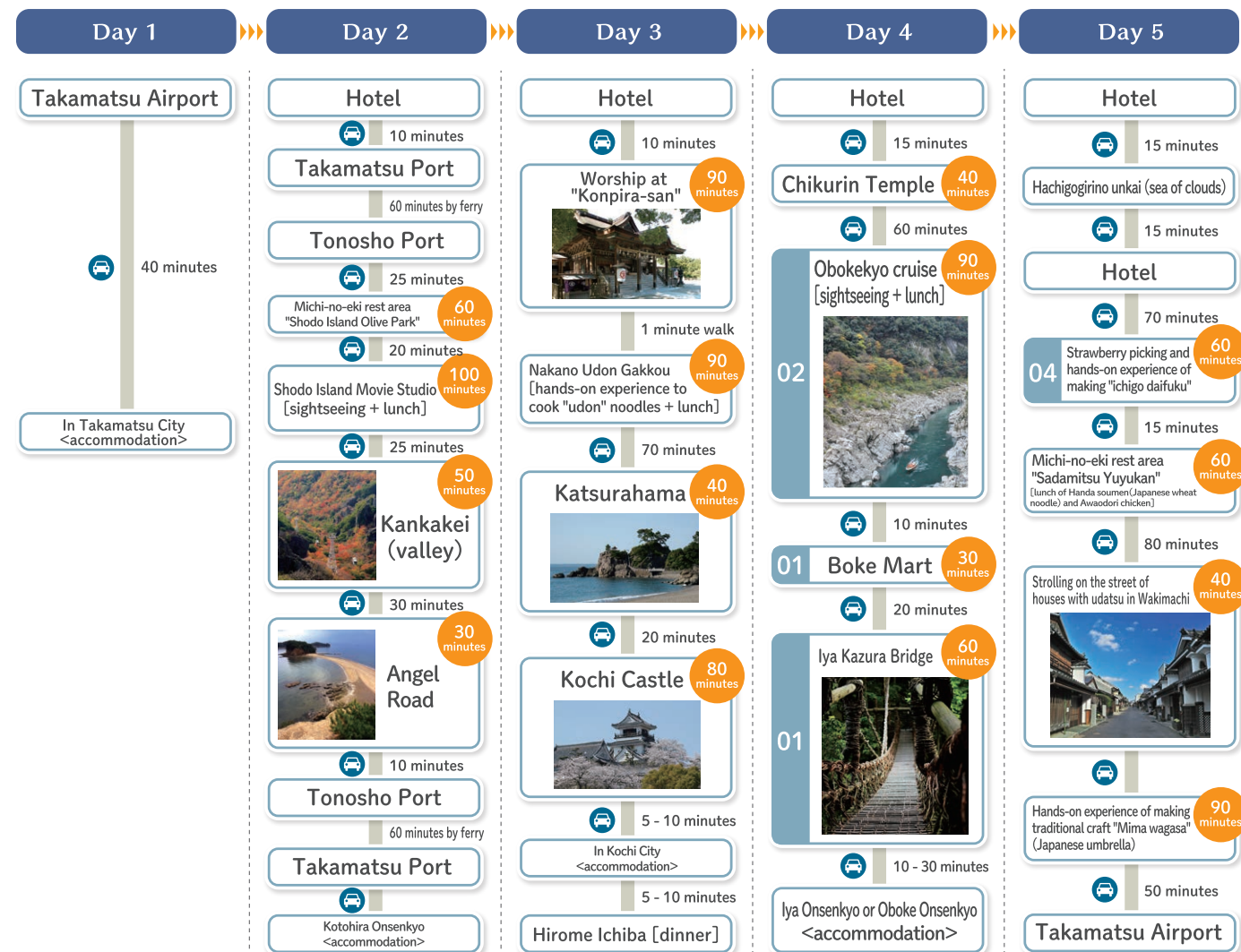
Experience a mountain village by staying at a minshuku (family operated, Japanese-style bed and breakfasts) Yasoshiki which is referred to as a minshuku over the clouds

Enjoy a one-and-only experience such as Goemon buro (bath) and chopping firewood at the minshuku where you can feel nature in a mountain village over the clouds.

②5,000 yen (including accommodation and meal) ②Yasoshiki ②Yasoshiki
②0883-67-2706, 090-7871-5300 ②444, Aza Hisayabu, Ichiu, Tsurugi Town, Mima County ②http://www.eonet.ne.jp/~itiu-yasosiki/ ②Apply on the phone
②1 person ②8 persons ②April - November ②10:00-21:00 ②Irregular holidays
②1 - 3 hours ②* For guests - Hands-on experience of chopping firewood (free of charge). Pizza baking (meal charges required). Potato digging. Harvesting dried persimmons (1,000 yen). ②One group per day only (group of 1 - 8 persons). ②Hands-on experience only - 3,000 yen ②Application and hands-on experience in English are offered.

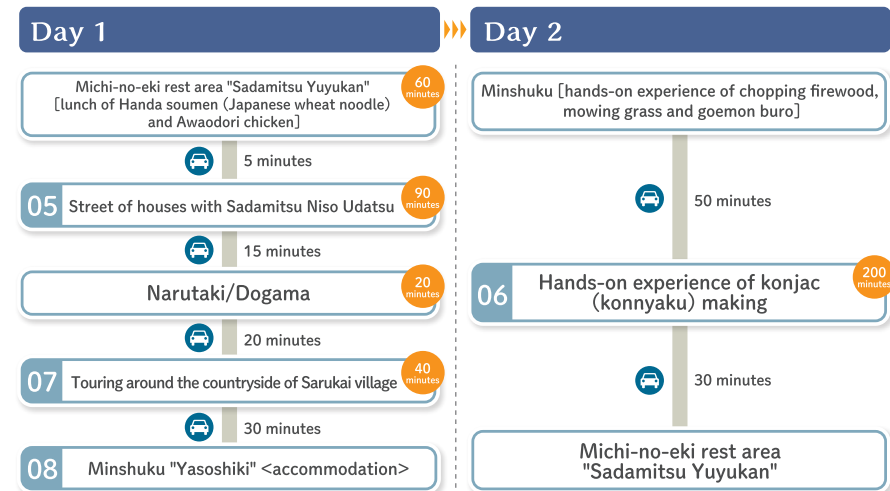
Wide area model course

Experience rarely visited regions in Nishiawa, Shodo Island and touring around Kochi - 5 days



Nishiawa model course

Ultimate luxury!
Experience a mountain village by staying at a farm house minshuku



Stay at farm house minshuku



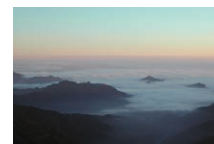
Stay at farm house minshuku



Stay at farm house minshuku

Nishiawa model course

Fully enjoy rarely visited regions!
Okuiya Niju Kazurabashi Bridge and hands-on experience of making soba (buckwheat) noodles



Hachigogirino unkaï



Ochiai Village