



A Experience & Exchange Programs short retreat in Iya Valley Tokushima, Shikoku 2021 February

令和 2 年度訪日外国人旅行者対流・滞在促進事業





A thousand years, a hidden hamlet

An Example of How to Enjoy an Experience & Exchange Program

- Day 1**
- 1 Meditation experience at Hashikura-ji Temple**
Route 32 Approx. 1 hr. 15 min.
 - Iya Vine Bridge**
Route 32 - Route 439 Approx. 30 min.
 - 2 Iya soba-making & rustic lunch**
 - Accommodations**
- Day 2**
- 3 Connect with Iya, Oboke's nature, in an early morning open-air yoga ***
 - Ochiai Settlement Observatory**
Route 439 Approx. 20 min.
 - 4 Iya area's private taxi tour with a guide**
Route 439 Approx. 45 min.
 - 5 Enjoy a lunch prepared by a private chef in a samurai residence**
 - Hoko cedar**
 - Accommodations**
- Day 3**
- Oboke/Koboke**
Route 32 Approx. 30 min.
 - 6 River touring on Yoshino River**

* The yoga session location is subject to change according to season and weather. Please check in advance.

- ... Experience & Exchange Programs
- ... Tourist Spots
- ... Accommodations
- ... Car Rental
- ... Walk



Did the towering mountains make time stand still?

The invariable activities and warmth of people thrive in Iya Valley. It is one of Japan's leading tourist spots with nature, history, culture, and traditional arts where simple, warm, and old-fashioned lifestyles are still very much alive today.

See the lifestyles people have maintained for 1,000 years and enjoy a sustainable and relaxing vacation.

Nishi-Awa Tourism Association "Sora no sato"

995-1 Ikeda-cho Shima, Miyoshi, Tokushima TEL +81-883-76-0713 (Japanese only) FAX +81-883-72-0753

<https://nishi-awa.jp/english/>





1

Meditation experience at Hashikura-ji Temple

Take a ropeway ride offering stunning views, and head for Hashikura-ji Temple overlooking Yoshino River. Practice Shingon Buddhism's Gachirinkan meditation with the chief priest to engage in quiet self-reflection. (The session comes with a complimentary floral incense paste.) After meditation, the chief priest will give you a guided tour of the temple grounds.



Program information

- ✓ Reservation Required
- ✓ With guide (Japanese / English)

- ❖ Charge (including tax) : 3,500 yen/per person
- ❖ Not included in fee : Ropeway fare
- ❖ Start time (Meeting time) : Enquire
- ❖ Required duration : 1.5 hours
- ❖ Meeting place (Departure place) : Hashikura-ji Temple
- ❖ Address : 1006, Shuzu Kuratani, Ikeda-cho, Miyoshi, Tokushima
- ❖ Maximum number of participants : 10
- ❖ Minimum number of participants : 2
- ❖ Implementation period (Open) : All year round
- ❖ Exclusion dates (Closed) : No scheduled holidays
- ❖ Reservation deadline : By 5:00 PM the day before
- ❖ Cancellation charge : 30% up to two to seven days before, 40% up to one day before, 50% on the day, and 100% without contact.

● Contact and Reservations : Hashikura-ji Temple

☎ +81 883-72-0812



Take a ropeway that offers spectacular views to reach the temple grounds.



After meditation, the chief priest gives a guided tour of the temple grounds.

More Information ▶





2 Iya soba-making & rustic lunch

Experience the ancient art of soba-making (buckwheat noodles) at a recognized globally important agricultural heritage site. Enjoy regional dishes made with an abundance of local ingredients in a pleasant ambiance that makes you feel at home. If lucky, you might get to listen to the old folksong, Kohikibushi.



Program information

- ✓ Reservation Required
- ✓ Lunch

- ❖ Charge (including tax) : 3,600 yen/per person
- ❖ Start time (Meeting time) : Enquire
- ❖ Required duration : 2 hours
- ❖ Meeting place (Departure place) : Tsuzuki Shoten (ancient soba-making school)
- ❖ Address : 84-1, Higashi-Iya Wakabayashi, Miyoshi, Tokushima
- ❖ Maximum number of participants : 10
- ❖ Minimum number of participants : 2
- ❖ Implementation period (Open) : All year round
- ❖ Exclusion dates (Closed) : No scheduled holidays
- ❖ Reservation deadline : By 5:00 PM the day before
- ❖ Cancellation charge : 30% up to two to seven days before, 40% up to one day before, 50% on the day, and 100% without contact.

● Contact and Reservations :

Tsuzuki Shoten (ancient soba-making school)

<http://www.iyajiman.com/> +81 883-88-5625



Simple and flavorful macrobiotic dishes made with local ingredients, including buckwheat noodles.



Enjoy the traditional folksong, Kohikibushi, as an after-meal treat.

More Information ►





3 Connect with Iya, Oboke's nature, in an early morning open-air yoga

You can connect with Iya, Oboke's nature, in an early morning outdoor yoga.

Relax by breathing in the fresh early morning air and moving your body. Begin the day feeling fantastic!

i Program information

- ✓ Reservation Required
- ✓ With guide (Japanese / English)

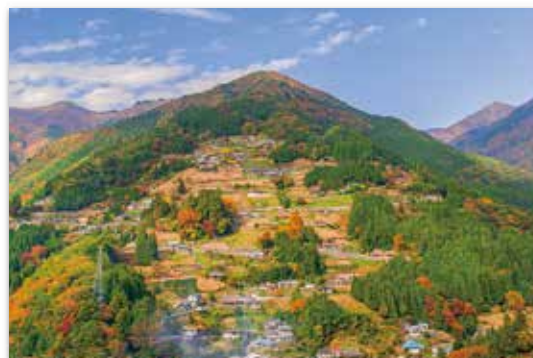
- ❖ Charge (including tax) : From 20,000 yen/per group
- ❖ Start time (Meeting time) : Enquire
- ❖ Required duration : 1 hour
- ❖ Meeting place (Departure place) : Enquire
- ❖ Address : The location varies according to the time of the year and weather conditions.
- ❖ Maximum number of participants : 10
- ❖ Minimum number of participants : 2
- ❖ Implementation period (Open) : All year round
- ❖ Exclusion dates (Closed) : No scheduled holidays
- ❖ Reservation deadline : By 5:00 PM the day before
- ❖ Cancellation charge : 30% up to two to seven days before, 40% up to one day before, 50% on the day, and 100% without contact.
- * The yoga session location is subject to change according to season and weather. Please check in advance.

● Contact and Reservations : Yuki Okita, yoga instructor

📞 +81 80-1999-8072 ✉ aloha.lana.sirena@gmail.com



Reflect on yourself through a journey called a retreat.



Ochiai Village, Japan's important preservation district for a group of traditional buildings.

More Information ▶





4 Iya area's private taxi tour with a guide


A driver and guide from Iya will give you a tour of the area. Besides visiting popular tourist spots such as Vine Bridge, you will explore the village and go trekking in the mountains if you wish. The guide will give an insight into Iya's tradition and contemporary life through a local's eye. Enjoy a leisurely ride on a spacious minibus.

Program information

- ☒ Reservation Required
- ☒ With guide (Japanese / English)

- ❖ Itinerary : Enquire
- ❖ Charge (including tax) : Taxi for 1 group (1 to 3 passengers): 43,800 yen, people carrier (3 to 8 passengers): 58,700 yen.
- ❖ Not included in fee : Admission fees, lunch, etc.
- ❖ Start time (Meeting time) : 8:00 to 11:00 AM
- ❖ Required duration : 6 hours
- ❖ Meeting place (Departure place) : JR Oboke Station or other places in Iya
- ❖ Maximum number of participants : 8
- ❖ Minimum number of participants : 1
- ❖ Implementation period (Open) : From April to November
- ❖ Exclusion dates (Closed) : Wednesdays, December—March
- ❖ Reservation deadline : 3 to 4 days before
- ❖ Cancellation charge : 30% up to two to five days before, 50% up to one day before, and 100% on the day/without contact.
- ❖ Notes : *This is not an agency-organized tour.

● Contact and Reservations : Iya Valley Tours / Kazurabashi Taxi

 <https://kazurabashi-taxi-en.jimdofree.com/>



There are over 300 scarecrows all over the village.



The rarely visited Oku-Iya Double-vine Bridge is a best-kept secret.

More Information ▶








5 Enjoy a lunch prepared by a private chef in a samurai residence

Enjoy an elegant lunch prepared by a chef from a local restaurant in the Iya area's largest samurai residence with an impressive thatched roof from about 250 years ago. The Hoko cedar, Tokushima Prefecture's natural monument, in the garden is worth a look.



Iya area's largest samurai residence has an impressive thatched roof.

Program information

-  Reservation Required
-  With guide (Japanese / English)
-  Lunch

- ❖ Charge (including tax) : 5,000 yen/per person
- ❖ Start time (Meeting time) : Enquire
- ❖ Required duration : 1.5 hours
- ❖ Meeting place (Departure place) : Residence of the Kitake Samurai
- ❖ Address : 43, Higashi-Iya Oeda, Miyoshi, Tokushima
- ❖ Maximum number of participants : 10
- ❖ Minimum number of participants : 2
- ❖ Implementation period (Open) : From April to November
- ❖ Exclusion dates (Closed) : No scheduled holidays
- ❖ Reservation deadline : By 5:00 PM the day before
- ❖ Cancellation charge : 30% up to two to seven days before, 40% up to one day before, 50% on the day, and 100% without contact.

● Contact and Reservations : andjibie Yokokawa Kazuki

 +81 90-1003-6974  Yokocchi.com@gmail.com



Food prepared over a sunken hearth using game and local vegetables.

More Information ▶





6 River touring on Yoshino River

Enjoy a relaxing kayak ride down Yoshino River with a guide. You will get a short lesson in kayaking, kayak down the river, and have a coffee break at a scenic spot mid-way. The small-group tour lets you enjoy the river at a slow pace and learn about the history of the people who have lived with the river.



Program information

- ✓ Reservation Required
- ✓ With guide (Japanese / English)

- ❖ Itinerary : Assemble at the Trip office → Change clothes & briefing → go to the river → kayak down the river → return to the Trip office → disassemble
- ❖ Charge (including tax) : 7,000 yen/per person
- ❖ Start time (Meeting time) : Enquire
- ❖ Required duration : 3 hours (9:00 AM to 12:00 PM, 1:30 to 4:30 PM)
- ❖ Meeting place (Departure place) : Trip, The River Guide of Shikoku
- ❖ Address : 122, Kaize Kawamukai, Sadamitsu, Tsurugi-cho, Mima, Tokushima
- ❖ Maximum number of participants : 8
- ❖ Minimum number of participants : 2
- ❖ Implementation period (Open) : From April to December
- ❖ Exclusion dates (Closed) : No scheduled holidays
- ❖ Reservation deadline : By 5:00 PM the day before
- ❖ Cancellation charge : 30% up to two to seven days before, 40% up to one day before, 50% on the day, and 100% without contact.

● Contact and Reservations : Trip, The River Guide of Shikoku

📄 <https://trip-yoshinogawa.com/>

☎ +81 883-68-8022

✉ trip.anabukigawa@gmail.com



Take a leisurely ride along the gorgeous Yoshino River.



Dismount a kayak, brew delicious coffee over an open fire, and take a break.

More Information ▶

