

Kyoto by the Sea unique experiences for a chance to meet the artisans

1. Kyoto Traditional Fishing Town Tour
2. Chirimen Silk and Kimono Wearing Experience in Yosano, Kyoto
3. Organic Farm Tour & Cooking Class in Kyoto by the Sea
4. Experience the Mindful Lifestyle of Kyoto's Satoyama
5. Malted Rice and Miso Making
- *new***
6. Yasaka Turu Brewery Bar Inspired Sake Tasting
7. Mother-of-pearl Weaving Studio Tour
8. Sake Pairing Masterclass and History Tour at Amanohashidate
9. e-bike tours and rentals
10. Go Hiking! Oeyama



Sasaki-san
Koju Sasaki,
silk knitting company



Hamilton-san
Tabel Table,
miso specialist



Yukimachi-san
Yasaka Turu
(Takeno Sake Brewery),
master brewer and chemist



Tamiya-san
Tamiya Raden, weaving
with mother-of-pearl



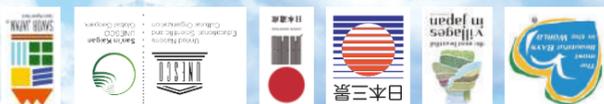
Furuta-san
Maruyasu,
licensed Sake Sommelier



www.kyotobythesea.com



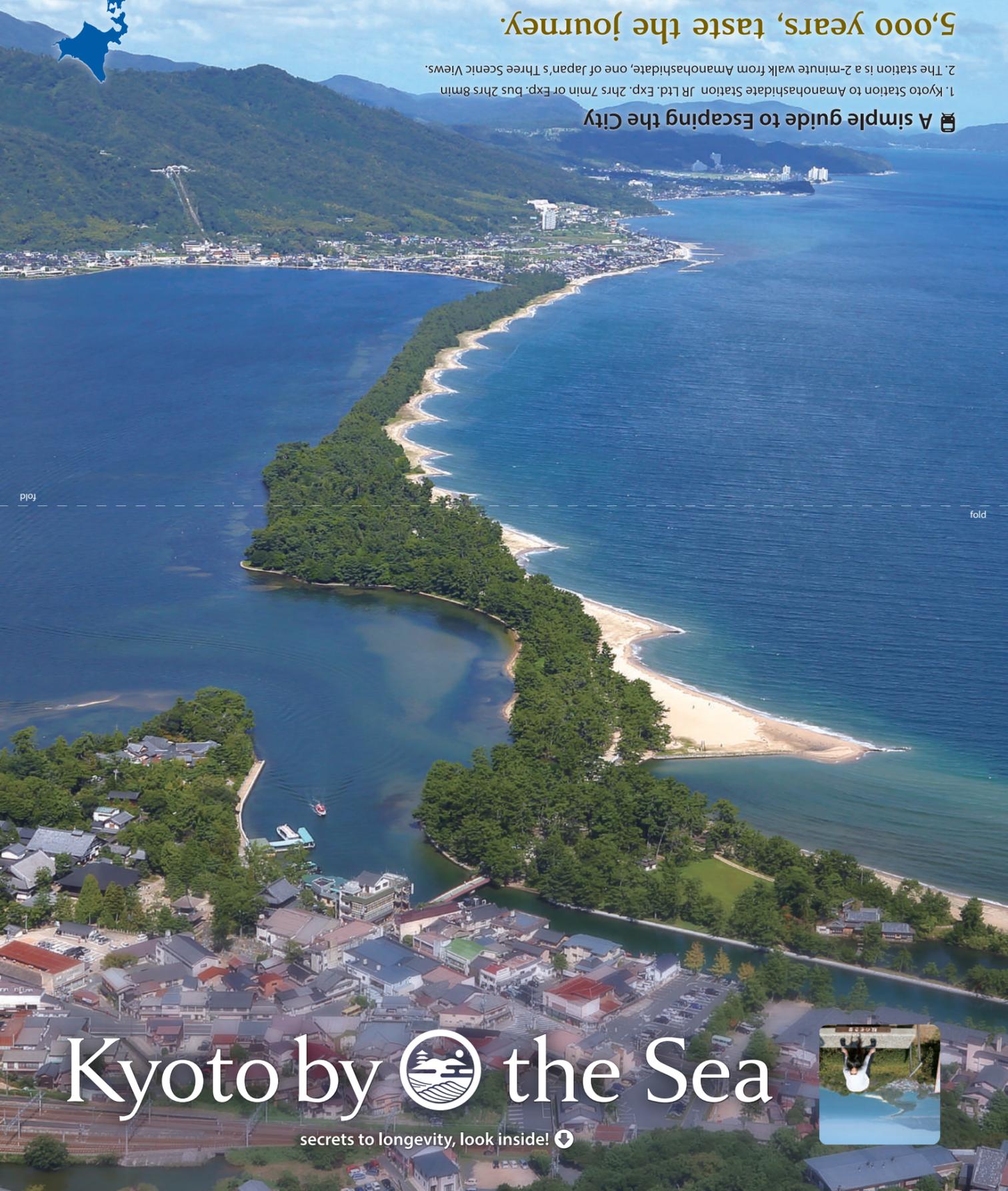
Kyoto by the Sea DMO
Destination Management / Marketing Organization
office hours: 8:30-17:00 j.p time
TEL (+81) 0772-68-5055



5,000 years, taste the journey.

1. Kyoto Station to Amanohashidate Station JR Ltd. Exp. 2hrs 7min or Exp. bus 2hrs 8min
2. The station is a 2-minute walk from Amanohashidate, one of Japan's Three Scenic Views.

A simple guide to Escaping the City



Kyoto by the Sea

secrets to longevity, look inside! ↓

Searching for the secret to a long, healthy life?

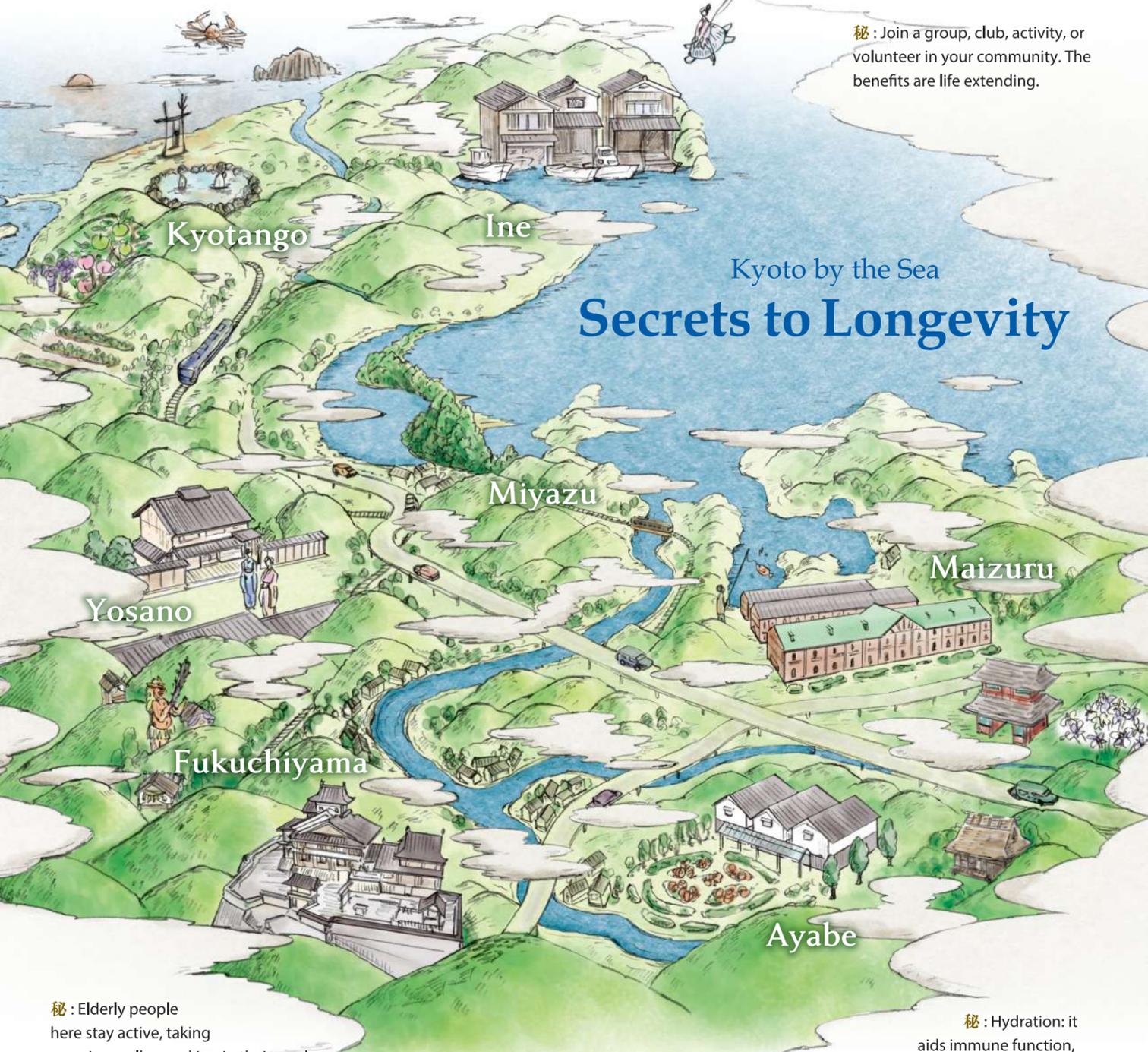
Researchers are looking to Kyoto by the Sea, a region on the breathtaking Japanese Sea nestled amidst mountains, primeval forests, and a UNESCO Global Geopark. The people here are living longer and healthier, with one of the highest concentrations of centenarians worldwide (including the world record holder for oldest male). Come and learn from the people, experience their rich 5,000-year history, the legacy of silk weaving, award-winning sake breweries, 100% local cuisine, and bring some wellness back with you!



秘 : Eat locally and seasonally. Seasonal foods have more nutrients and are sustainable because they reduce CO2 (transportation) and reduce the need to use GMOs. Tour a farm or fishing village and learn for yourself how to make seasonal cuisine a possibility in your home.

秘 : Fermented foods improve gut health. A healthy gut helps with weight, mood, cholesterol, and brain function. Take a miso making workshop and learn how to make your own. Try mixing 1tbsp vinegar into a cup of water for a refreshing, healthy drink.

秘 : Join a group, club, activity, or volunteer in your community. The benefits are life extending.



Kyoto by the Sea Secrets to Longevity

秘 : Elderly people here stay active, taking morning walks, working in their gardens, and even doing home exercises. Try taking five minute "stretch breaks" every hour to move your body and clear your mind. You might even start calling them "stress breaks."

秘 : Experiment with your own healthy "mocktails" using Iio Jozo Vinegar Brewery's purple sweet potato vinegar, rich in antioxidants. Pick some up near you; they sell internationally.

秘 : Hydration: it aids immune function, weight management, digestion, muscle recovery, and brain performance. As a baseline, try drinking your weight (kg) in ounces. ex. A 150 lb. person weighs 68kg. 68 oz is roughly 8.5 cups of water.



Kyotango

Stay in a hot spring ryokan on the Japanese Sea, try Japan's best seafood, have award-winning sake, and witness a land of eternal sunsets.



Ine

Relax in a historic fishing village by staying in a boat house. Take a sea taxi or ride an e-bike around the bay.



Miyazu

Amanohashidate is a natural pine forest land bridge with white sand beaches, hot springs, restaurants, and scenic overlooks.



Yosano

Time travel to a town with historic buildings and streets, feel Japan's renowned chirimen silk with a 300-year history, and meet world-class weavers.



Maizuru

Enduring redbrick buildings on the bay where one of Japan's four historic naval bases is located. Don't miss coastal village Yoshihara or the black pine restaurant train that crosses the Yura river.



Fukuchiyama

Come hike Oeyama and see the sea of clouds (fall). The region sizzles with spirit energy: Japan's most notorious oni, ancient forest shrines with rare black torii gates & dragon trees.



Ayabe

Farmhouses, a paper making village, a rose garden that blooms seeds of peace given by Anne Frank's father, a forest onsen next to Niomon Gate, a national treasure, primeval forests with forest giants, & a mythical forest filled with wild irises.

a variety of accommodations



glamping/camping



boat house stays



temple stay



farmstays



hot spring stays



luxury stays