

# TIPS FOR ENJOYING HYOGO EXPERIENCE

## MANNERS & BASIC KNOWLEDGE



### CLIMATE

The climate differs greatly between the north and south of Hyogo prefecture. The north (Tajima, Tamba) gets a lot of snow in winter (Dec-Feb) and temperatures may fall below freezing.



### FOOD

Many hotels and restaurants in Japan are unable to provide special vegetarian or halal menus. Please check with your destination ahead of time if you have special dietary needs.



### ONSEN (HOT SPRING)

Wearing a bathing suit in the ONSEN is not allowed. In some cases, you may be refused if you have tattoos. (In Japan, people with tattoos are generally assumed to be gangsters.)



### MANNERS

Japanese people have great respect for propriety. It's important to behave politely and handle tools with care when taking part in a tourist experience. Also, please speak quietly and remove hats and sunglasses when entering a temple or shrine.



### LANGUAGE

Few Japanese people speak English, compared to the rest of Asia, and may not be able to understand even simple things in English.



**Hyogo Tourism Bureau**

5-10-1 Shimoyamatedori, Chuo-ku, Kobe, Hyogo

650-8567

E-mail: [information@hyogo-tourism.jp](mailto:information@hyogo-tourism.jp)

**ANOTHER HYOGO**  
Always New Discovers In HYOGO



# Explore HYOGO

The Origin of Japan

Night time  
History • Culture  
Nature • Landscape  
Sports • Activity  
Gourmet • Onsen



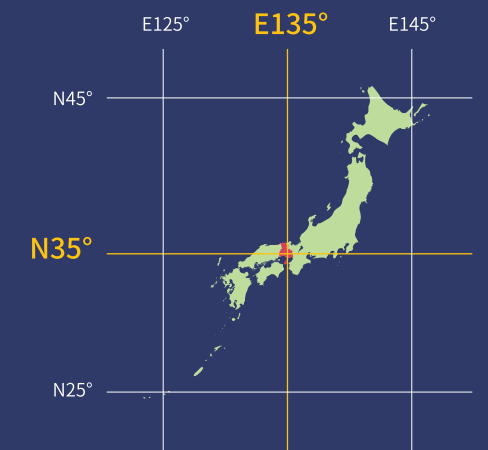
**Hyogo Tourism Bureau**



# Explore Hyogo, The Origin of Japan

## Hyogo, the heart of Japan

Hyogo Prefecture is located in the center of Japan at 35 degrees north latitude and 135 degrees east longitude. Close to the ancient Japanese capital of Kyoto, Hyogo has a rich cultural background. Due to its convenient location, Hyogo is well-connected to other major cities by railroads and airlines.



## Ancient history and rich culture

The area centering on Hyogo, Osaka and Kyoto is called the Kansai region, and until the capital was moved to Tokyo in 1868, it had been the center of Japan for more than 1,000 years. Thus Hyogo is home to many shrines, temples and castles ruins, including the World Heritage Himeji Castle, and is among the top regions in the country in terms of national treasures and important cultural properties. It also boasts the highest number of registered Japan Heritage sites.

## Treasure House of Food

With the Japan Sea in the north and the Seto Inland Sea to the south, Hyogo is blessed with the bounty of both land and sea, such as Kani (crab), the king of winter cuisine, and premium branded Kobe beef. In this treasure house of food, a unique food culture flourishes in each area, showcasing the bounty of every season of the year.

## Varied, rich regionality

Hyogo has been composed of five “countries” (regions) since the Edo period, the age of the samurai. Travelers can enjoy each region’s varied and unique culture and lifestyle.



### KOBE · HANSHIN

This region has urban areas such as the international trading city of Kobe, and a rich arts and cultural scene.

### HARIMA

Home to the World Heritage Himeji Castle, this area is steeped in history, with a large number of shrines, temples and castle ruins.

### TAJIMA

Bordering on the Japan Sea in the north, this region gets a lot of snow in winter. Visitors can appreciate how nature and humans coexist here, in the breeding grounds of the Oriental White Stork.

### TAMBA

There's a big temperature difference between day and night here. The fertile soil and pure water nurture the famous Tamba chestnuts, black beans and other crops.

### AWAJI

This is the mythical “first island” of the Japanese islands. This is a resort island not far from Osaka and Kobe, where visitors can enjoy spending some leisurely time.



# Explore Hyogo, The Origin of Japan

According to Japan's oldest historical chronicle Kojiki and Nihon Shoki, written more than 1,300 years ago, recounts how the Japanese islands were created when two gods, male and female, descended to the ocean, and the first to appear was Hyogo's Awaji Island. Thus, Hyogo is called the birthplace of Japan, also because it is close to the ancient Japanese capitals of Nara and Kyoto, and is said to have had a major influence on the powerful people of the time.

We hope you'll enjoy experiences that can be had only here in Hyogo, with its ancient history and culture passed down unbroken through the generations, blessed with good food, onsen and other natural resources.

## What to Experience

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All information contained herein is current as of August 2021, and is subject to change without notice.

1 Night time KOBE • HANSHIN

### "Lightscape in Rokko", fusion of 10 million dollar nightscape and artistic light show on Mt Rokko (Japanese-style Mongolian mutton BBQ included)

Mt. Rokko Art of Lights "Light Scape in Rokko" is an illumination using LED lighting that can reproduce more than 10 million colors to light up the frame that covers the entire observatory. Lighting designer Masayuki Fushimi has created a landscape that feels familiar to us, using light. The illumination changes with the seasons, and together with the 10-million-dollar nightscape seen from Mt Rokko, it is incredibly romantic. Experience this fantastical spectacle and its seasonal transitions.

(Note: Dates and time may change subject to seasonal and weather conditions. Please check the website first.)

Duration: about 2 hours  
Meeting place: Rokko Garden Terrace  
1877-9 Gosukeyama, Rokkosan-cho,  
Nada-Ku, Kobe, Hyogo

Inquiries: Mt.ROKKO CABLE CAR &  
TOURISM COMPANY  
🌐 <https://www.rokkosan.com/gt/>  
✉ [info2@rokkosan.com](mailto:info2@rokkosan.com)



#### Mt Rokko's famous Mongolian Mutton BBQ

Mongolian mutton BBQ, with its abundance of healthy lamb, specially selected Wagyu beef and seafood delicacies, has long been a specialty of Mt Rokko. Why not try delicious, carefully selected lamb with the 100-million-dollar nightscape unfurled before your delighted eyes?



## Experience "Noh", the oldest theater art in the world

This program takes you to the venerable Nishinomiya Noh Theatre, which stands in the Naruo district of Hyogo prefecture's Nishinomiya city, a place that also appears in the Noh play "Takasago". In addition to appreciating a play, you'll have the opportunity to come onto the stage wearing white tabi (socks) to try "sliding feet" – the basic movement in Noh – and try on a mask. This is a special plan, with sake tasting also available, where you can come into contact with the soul of Noh and the worldview of Japanese culture. You will surely enjoy this very special experience of traditional Japanese culture.

Duration: 1 - 2.5 hours  
Meeting place: Nishinomiya Nogaku Theater  
3-6-20 Naruo, Nishinomiya, Hyogo

Inquiries: Japan Traditional Arts & Cultures Foundation  
🌐 <https://japantacf.themedia.jp/>  
✉ [nishinomiyanohgakudo@gmail.com](mailto:nishinomiyanohgakudo@gmail.com)

### Options

- Costume fitting & explanation
- Musical instrument experience
- Mini performance viewing

Please inquire by e-mail for details.

## Learn all about Japanese knives in an age-old ironware town

In Japan, utensils and tools made of metal are called ironware. Hyogo's Miki City is one of Japan's foremost ironware-producing regions. This ironware continues to command strong support from Japanese and overseas professionals alike for its chef's knives and carpenter's tools. This is the only place in the world where you can experience working alongside the craftsmen to manufacture a knife, and then taste sake from the local brewery.

Duration: 6.5 hours  
Period: Feb ~ mid-Oct  
Meeting place: Nagasawa, Miki branch  
2-24 Funai-cho, Miki, Hyogo  
Enquiries: Miki Hamono

🌐 <http://www.miki-hamono.co.jp>

✉ Please inquire via the website

### Make your own original knife under the guidance of a professional

From grinding to the final polishing, create your own original kitchen knife. A professional will also show you how to maintain your knife with a home-use whetstone.

## Workshop on making "Sugidama", symbol of Japanese sake

Sake is made from white rice and pure water only. Hyogo prefecture boasts the largest production volume of the best kind of brewer's rice, Yamada-Nishiki. As it grows, that rice receives the blessing of the mountains where cedar trees, said to be a home of the gods, flourish. We invite you to try your hand at making the symbol of Japanese sake, the "sugidama", and discover the links between sake and cedars, while enjoying the satoyama scenery, where nature and humans coexist in harmony.

\* Sugidama is a ball made of cedar hung by sake brewers in the eaves of the brewery to let people know that a new brew has been produced

Duration: 3.5 hours  
Period: Dec - Mar  
Meeting place: ten  
2349-29 Yamashita-cho  
Kasai, Hyogo

Inquiries: ten  
🌐 <https://ten-hyogo.jp/>  
✉ [info@ten-hyogo.jp](mailto:info@ten-hyogo.jp)

### ten : sake rice farmer

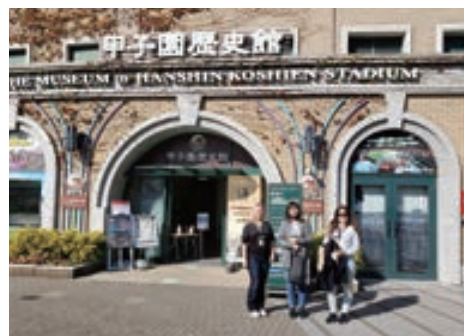
Your instructor belongs to a farm and forestry family that has been tending the fields and forests in Hyogo's Kasai City and growing brewer's rice for generations. The large windows of the shop, where various events are held, look out over the satoyama ( rural mountain village ) landscape. Here you will hear about SEN, a brand of sake brewed from rice grown in one particular paddy field, and other fruits of the soil such as black beans and adzuki beans.

Take your sugidama home with you!  
To finish things off, a toast with sake or amazake!





Yodoko Guest House, Designed by Frank Lloyd Wright,  
Important Cultural Property of Japan



5 History • Culture KOBE • HANSHIN

## Explore Hanshin Area: Frank Lloyd Wright Architecture and Koshien Baseball Stadium

Hanshinkan Modernism is a type of art, culture and lifestyle that developed from the early 1900s through the 1930s in hanshinkan, the region between Osaka and Kobe, and was heavily influenced by Western culture. Modernist architecture skillfully harmonizes traditional Japanese beauty of form with modern design, resulting in a stunning blend of Japanese and Western styles. On this tour you'll see some of the remaining examples of exquisite Modernist architecture, in particular the Yodoko Guest House (formerly the Yamamura residence), designed by one of the three giants of Modernist architecture, Frank Lloyd Wright.

**Duration:** about 8 hours  
**Dates:** Wed & Sat  
**Meeting place:** JR Sannomiya Station or elsewhere (Please inquire)  
**Inquiries:** Shinkibus Co., Ltd., Himeji branch  
🌐 <https://www.shinkibus.com/>  
✉ [himeji-snk@shinkibus.co.jp](mailto:himeji-snk@shinkibus.co.jp)

### Hanshin Koshien Stadium Tour

Hanshin Koshien Stadium is the home stadium for Nippon Professional Baseball League HANSHIN Tigers and All-Japan High School Baseball Championship, which is held twice a year. This guided tour takes you to the "holy ground" of Japanese baseball, which is full of surprises and excitement.



8 History • Culture KOBE • HANSHIN

## Immerse yourself in nature at Sorakuen Garden, a traditional Japanese garden in Kobe

Sorakuen Garden is a sprawling "chisen-kaiyushiki" garden with stepping stones, stone bridges, streams, and a waterfall surround by a central pond. Young and old alike will enjoy the scenery like deep mountain valleys. The grounds are full of nature, with large camphor trees said to be some 500 years old, azaleas in spring, and maple trees in beautiful autumn colors. The 20,000 square meter garden contains important cultural assets such as the stables of the former Koderashi Family residence, the old Hassam House, the Funeyakata building.

**Duration:** 40 min  
**Meeting place:** Sorakuen Garden  
5-3-1 Nakayamatedori, Chuo-ku, Kobe, Hyogo  
**Inquiries:** Sorakuen Garden  
🌐 <http://www.sorakuen.com/index.html>  
✉ [info@sorakuen.com](mailto:info@sorakuen.com)



### Azalea excursion

Sorakuen Garden is famed for its azaleas, and about 4,000 of them burst into blossom toward the end of April and beginning of May.



9 History • Culture HARIMA

## "Banshu-ori" weaving workshop: It starts with nostalgic sounds

Banshu-ori is a traditional weaving method specific to Hyogo prefecture's Northern Banshu region. The threads of the cotton fabric are dyed before weaving, and it is famed for its natural texture and rich colors. 80% of Japanese yarn-dyed fabrics are produced in this region. On the tour you'll learn why Banshu-ori weaving thrives in this region, you'll hear the sound of the loom and talks by the weavers, and experience the soft touch of Banshu-ori for yourself.

**Duration:** 2.5 hours  
**Meeting place:** Kyukishike house  
394-1 Nishiwaki, Nishiwaki, Hyogo  
**Inquiries:** Kita-Harima Den-en Kukan Museum  
🌐 <https://denku-travel.com/>  
✉ [denku-travel@k-denku.com](mailto:denku-travel@k-denku.com)



Take the opportunity to create a small item using Banshu-ori in the Kyukishike house, a fine old farmhouse built in the first flush Banshu-ori's prosperity.



6 History • Culture KOBE • HANSHIN • AWAJI

## One-day trip appreciating contemporary art and the magnificent architectures in Hyogo

This excursion will take you to encounter contemporary art such as "GUTAI" art pieces at Hyogo Prefectural Museum of Art designed by a world-renowned Tadao Ando. Moving to Awaji Island, you will be a witness of those impressive architectures such as the Awaji Yumebutai architecture groups creating a magnificent landscape under the theme of the coexistence with nature, and Hompukuji water temple which is a unique Buddhist architecture holding a lotus pond over the main hall.



### Hyogo Prefectural Museum of Art

A landmark at the district "HAT Kobe" meaning the Happy Active Town Kobe located in the waterfront area of Kobe City. With more than 7,000 artworks which consist of the 4 pillars of modern sculpture, modern print, local art, and contemporary art, this museum is popular among the local residents and visitors with a nickname of "The House of Art".

**Duration:** about 9.5 hours  
**Meeting place:** in Kobe Sannomiya (Please inquire)  
**Inquiries:** Shinkibus Co., Ltd., Himeji branch  
🌐 <https://www.shinkibus.com/>  
✉ [himeji-snk@shinkibus.co.jp](mailto:himeji-snk@shinkibus.co.jp)



7 History • Culture KOBE • HANSHIN

## Come to the Wind Museum in Sanda, where the wind shines

Visit this outdoor Wind Museum, where for the first time anywhere you can see the creations of Susumu Shingū, a resident of Sanda city and a world-renowned sculptor of wind and experience this unique art. Optionally, you stroll around the Wind Museum dressed in the most formal garment for young women, a gorgeous furisode kimono.



### Make makizushi!

Try making makizushi, Japanese home cooking popular at family ceremonial events and parties. Make your own Sho-jin Vegetarian Roll with the expensive natural mushrooms grown in Sanda, and then enjoy!

**Duration:** 6 hours  
**Period:** Mar-Apr, Oct-Nov  
**Meeting place:** JR Sanda station  
1-32 Ekimae-cho, Sanda, Hyogo  
**Inquiries:** NPO Mukogaoka Machizukuri Bureau  
🌐 None  
✉ [ninsan@nifty.com](mailto:ninsan@nifty.com)



10 History • Culture HARIMA

## Go back in time to the Edo period! Stroll "Himeji" in princess-style Kimono

An authentic kimono, hairstyle and dramatic make-up transform you into a princess. Stroll the environs of World Heritage Himeji Castle and be the star of the show in your own photos. Enjoy the charm of the castle town and get a taste of Japan's traditional culture!

**Duration:** 4 hours  
**Meeting place:** Yumeori Yakata  
Himekoji Shirasakido Bldg., 68  
Honmachi, Himeji, Hyogo  
**Inquiries:** Sankyo Maintech Yumeori Yakata  
🌐 <https://himekouji.com/>  
✉ [info@yumeoriyakata.com](mailto:info@yumeoriyakata.com)



Typical of Japanese culture, the kimono makes the hearts of overseas visitors to Japan beat faster. This plan with experienced staff, who work on historical movies and dramas, will assist you with dressing up and hairdressing.



11 History • Culture HARIMA

## Discover secrets of World Heritage Himeji Castle with local guides

Explore Himeji Castle and the surrounding town with a government-licensed professional tour guide-interpreter! You'll hear stories full of local color as you stroll the town with your guide. And of course, you can ask to start your tour wherever you like!

**Duration:** 2.5 hours ~ (depending on the tour route)  
**Meeting place:** JR Himeji Station or elsewhere (Please inquire)  
**Inquiries:** Himeji Convention Support  
🌐 <https://denpakudo.jp/kansaidiscovertours/>  
✉ [info@denpakudo.jp](mailto:info@denpakudo.jp)



### Tour routes

Take a bus from Himeji Castle for 30 minutes, then a ropeway to the mountaintop for a visit to Shoshazan Engyō-ji temple. One of Japan's oldest pilgrimage sites, many buildings and Buddhist statues here are designated as important cultural assets. It was also the location for the Hollywood movie "The Last Samurai" and many Japanese samurai dramas.





12 History • Culture TAMBA

## Explore Japanese "Kokoro: philosophy", "Dō: path and codes", and "Aji: taste" in Tamba

An archery experience, Buddhist sermon + Zazen + calligraphy at Keikoku-ji, and dining, all in one time-saving location. In Japan the way of martial arts (budō), the way of tea (sadō), the way of the brush (shodō) and others are called “dō” = the way. The idea is to find spiritual nourishment and enhance one’s character through the arts of gracious etiquette. This is unique to Japanese culture, and also links to Japanese cuisine, which respects our coexistence with nature. Please enjoy your experience of Japanese culture and the high-quality three taste treasures of Tamba: chestnuts, black beans and adzuki.

Duration: 3.5 – 4 hours  
Meeting place: Yumenoki Nokono  
1026-3 Nokono, Kasuga-cho, Tamba , Hyogo  
Inquiries: Yumenoki Nokono  
🌐 <http://yumenoki-nokono.jp/>  
✉ [info@inaka-experience.com](mailto:info@inaka-experience.com)

### Three Treasures of Tamba

Tamba’s autumn treasures are Tamba chestnuts, Tamba black beans, and Tamba Dainagon adzuki. These products are famous throughout Japan, and so are known as the Tamba Sanpō, the Three Treasures of Tamba.



15 History • Culture TAJIMA

## Strolling historic castle town "Izushi" in Kimono

The castle town of Izushi boasts around 400 years of history. Wear a kimono and go back in time to experience Izushi, known as Tajima’s “Little Kyoto” because of its history and townscape. Stroll around this historic town and enjoy conversing with a local guide who knows the area inside out. Your photos will definitely draw attention on social media!

Duration: 4.5 hours  
Meeting place: Izushi Tourist Association  
104-7 Uchimachi, Izushi-cho, Toyooka , Hyogo  
Inquiries: Izushi Town Management Organization  
🌐 <https://www.daytrip-izushi.jp>  
✉ [travel@daytrip-izushi.jp](mailto:travel@daytrip-izushi.jp)



### Experience Japanese confectionery

Learn how to make Japanese confectionery in a venerable confectionary shop from a true artisan, and enjoy it with matcha tea.



13 History • Culture TAMBA

## The quintessence of INAKA, the spirit and art of Tamba

This tour takes you to Tamba’s Kasuga-cho, the birthplace of the top quality adzuki bean “Tamba Dainagon Adzuki”, purveyed to the imperial household for the past 300 years. You’ll visit a farm that produces adzuki and feast on homemade local dishes using the beans. Then carry on to the atelier of an English potter living in Tamba, the studio of an artisan who makes hand-woven, naturally dyed Tamba-fu cloth, and a climbing kiln. Of course you’ll mingle with the local people, as well as gain an appreciation for the spirit and art that dwell in this place. After the visits, enjoy a teatime break at Tamba Kasuga-cho’s famous Locasse Tamba.



**LOCASSE TAMBA**  
This complex aims at regional revitalization, and offers farm village experiences and food for your enjoyment. Fresh local Tamba-grown vegetables and seasonal ingredients are used in abundance to produce healthy, delicious dishes.

Duration: 4 hours  
Meeting place: JR Kaibara Station  
1172-1 Kaibara, Kaibara-cho, Tamba , Hyogo

Inquiries: Beans DMC LLC  
🌐 <https://www.inaka-experiences.com/>  
✉ [info@inaka-experience.com](mailto:info@inaka-experience.com)



14 History • Culture TAJIMA

## Experience Japanese traditional craftsmanship: Toyooka wicker baskets and short cruise on the Maruyama River

Toyooka Kiryu Zaiku (wicker craft), a traditional Japanese craft, goes back more than 1,200 years and emerged from the rich terrain around the Maruyama River. Today Toyooka is famous for making bags and baskets. Experience the natural surroundings of the Maruyama River and learn about Toyooka’s history on a mini-cruise, then try your hand at basket weaving at the Genbudo Museum. Later, take a stroll in the Genbudo Park, one of Japan’s natural monuments.



### Toyooka Kiryu Zaiku

It is the traditional craft of willow basket weaving. The willow species used, Salix koriyanagi, is both supple and strong and overflows with warm charm. These days it is attracting attention with new designs for willow bags with fashionable elements, and is even used by the imperial family.

Duration: 60 min  
Meeting place: Genbudo Museum  
1362 Akaishi, Toyooka , Hyogo  
Inquiries: Genbudo Museum  
🌐 <https://genbudo-museum.jp/>  
✉ [info@genbudo-museum.jp](mailto:info@genbudo-museum.jp)

\* The cruise may be cancelled in case of bad weather.



16 History • Culture TAJIMA

## Zen Meditation, Buddhist Sermon & Matcha at Gokurakuji Temple

Treat yourself with a refreshing hot spring experience at Kinosaki Onsen, then purify your spirit surrounded by nature in the tranquil setting of Gokurakuji Temple. Experience Zen meditation in this extraordinary space, and then enjoy conversing with the dignified yet friendly Buddhist priest over matcha and Japanese sweets.



### World attention on ZEN

Zen is a teaching and a philosophy that aims to unify the mind and achieve enlightenment through practice and posture. Currently, zen has many attentions in many fields, including the business world. In this program the priest will teach you the meaning of Zen and how to sit.

Duration: 1.5 hours  
Meeting place: Gokurakuji Temple  
801 Yushima, Kinosaki-cho, Toyooka , Hyogo  
Inquiries: Toyooka Tourism Innovation  
🌐 <https://visitkinosaki.com/tour-packages/>  
✉ [info@visitkinosaki.com](mailto:info@visitkinosaki.com)



17 History • Culture TAJIMA

## Straw Craft Activity and Artisan Workshop Tour (with English-speaking guide)

“Mugiwara Zaiku” (straw craft) is a traditional Japanese craft practiced only in Kinosaki Onsen. Visit a private studio for an up-close look at the craftsmanship, and hear about the creative process, the history of Mugiwara Zaiku, and its association with onsen culture. The artisan will coach you in the creation of your own original Mugiwara Zaiku box.



### Mugiwara Zaiku

This traditional handicraft, with its 300-year history, is used to create charming small boxes and other items using dyed barley straw. The more these creations are used and cherished, the richer the patina grows over time.

Duration: 2.5 hours  
Meeting place: JR Kinosaki Onsen Station  
283 Imazu, Kinosaki-cho, Toyooka , Hyogo  
Inquiries: Toyooka Tourism Innovation  
🌐 <https://visitkinosaki.com/tour-packages/>  
✉ [info@visitkinosaki.com](mailto:info@visitkinosaki.com)





18 History • Culture AWAJI

## Experience Awaji puppets opera, Japan's 500-year-old traditional performing art

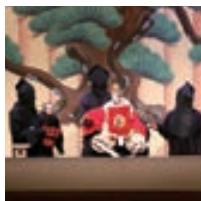
The Awaji Puppet Joruri is a puppet show that developed from Shinto rituals. This aspect of popular culture is deeply rooted on Awaji Island and has a long history of more than 500 years. Each group of three people operates one puppet, and it would not be an exaggeration to say that the plays, passed down for generations and enacted with great elegance, convey the essence of Japan's proud performing arts. The puppets, appearing even more alive than humans, express emotional drama that invites spectators into a world of dreams.

**Duration:** 1.5hours  
(11:10~12:40, 15:00~16:30)  
**Meeting place:** Awaji Puppet Theatre  
1528-1 Fukurako, Minamiawaji, Hyogo  
**Inquiries:** Awaji Puppet Theatre  
🌐 <https://awajiningyoza.com/>  
✉ [awajiningyo@gmail.com](mailto:awajiningyo@gmail.com)

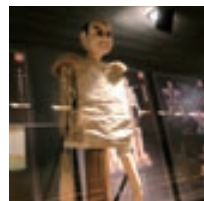


### After the performance, a backstage tour!

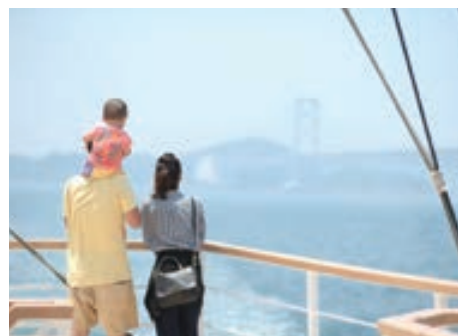
A member of the troupe will guide you as you experience the trio of Puppet Joruri: the 3-person operation of a puppet, emoting as you speak some joruri lines, and playing the samisen. Be sure to take photos of each experience!



Manipulated by three people, the puppets outperform human actors!



Backstage tour



21 Nature • Landscape AWAJI

## Cruise tour to extraordinary natural wonder, The Whirlpools of Naruto Strait

"Uzushio" is a rare natural phenomenon caused by the tide rushing through the extremely narrow Naruto Strait between Awaji Island and Shikoku. The moon's tidal force causes these whirlpools, which means that especially large ones can be seen around the times of the new and full moons. These whirlpools are among the largest in the world, with diameters of about 30 meters. In addition to viewing the whirlpools close-up, the "Uzushio" cruise also offers the opportunity to learn from an on-board guide about how the whirlpools are generated and their natural environment.

**Duration:** 60 min  
**Meeting place:** Uzushio Dome Nanairokan  
1528-4 Fukurako, Minamiawaji, Hyogo  
**Inquiries:** Joyport Minamiawaji Inc.  
🌐 <http://www.uzu-shio.com/>  
✉ [narumi@castle.ocn.ne.jp](mailto:narumi@castle.ocn.ne.jp)

### Extraordinary Swirling Whirlpools

Huge whirlpools are generated in only a very few places in the world, and have been identified in the north of Norway, the east coast of Canada, and Scotland in the UK, among others. Here in Hyogo an initiative is underway, in cooperation with Norway, to register "Uzushio" as a World Heritage site.



19 History • Culture AWAJI

## Let's play "Fukimodoshi", a traditional Japanese toy on Awaji Island

Everyone all over Japan knows the traditional Japanese toy the "Fukimodoshi". In Japan, they're also called Piropiro and Peehyara, while in other countries they're called party horns and blowouts, and are used at birthday, Christmas and other parties.

Take a tour of the Fukimodoshi factory and exhibits, and play with more than 10 different types of Fukimodoshi. Not only that, but you can choose from a variety of colors and patterns to make your own original Fukimodoshi, included in the tour.



**Japanese Fukimodoshi**  
In the 1960s, the high quality of Japanese Fukimodoshi led to their export to countries around the world: the US and Canada, Europe, Russia, Brazil and more. These days Fukimodoshi are used widely not just as toys, but for medical, therapeutic and beauty purposes, as well.

**Duration:** 60 min  
**Meeting place:** Fukimodoshi-no-Sato  
333-1 Kouchi, Awaji, Hyogo

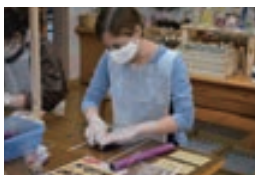
**Inquiries:** FUKIMODOSHI NO SATO CO.,LTD  
🌐 <https://www.fukimodosi.org/>  
✉ [office@fukimodosi.org](mailto:office@fukimodosi.org)



20 History • Culture AWAJI

## Aromatic handicraft experience on Awaji Island, Japan's foremost incense-producing region

Enjoy the unique experience of making Awaji Island's historic incense. About 170 years ago, incense making developed here as a local industry, and now the island boasts Japan's largest production volume. Here you'll watch a video explaining how incense is made, and see the fragrant wood and the machinery actually used to process it. Then a handmade picture-card show will teach you about the history of incense on Awaji Island. Finally, you'll be able to try making incense yourself. It's an experience to be had only here, in Japan's foremost incense region.



**Parchez Kaori-no-Yakata**  
The theme of this information facility is aroma. The large greenhouse and extensive gardens are home to about 100 different kinds of herbs.

**Duration:** 60min  
**Meeting place:** Parchez Kaori-no-Yakata  
3025-1 Osaki, Awaji, Hyogo

**Inquiries:** Parchez Kaori-no-Yakata  
🌐 <https://www.parchez.co.jp>  
✉ [parchez@parchez.co.jp](mailto:parchez@parchez.co.jp)



22 Nature • Landscape AWAJI

## Learning about January 17, 1995, Great Hanshin-Awaji Earthquake Disaster

The Nojima Fault Preservation Museum contains the actual active fault line that appeared when the Great Hanshin-Awaji Earthquake Disaster occurred on January 17, 1995. Other attractions in the park include the Memorial House, which remained largely undamaged although very near the fault, and the Kobe Wall, which survived the bombing of Kobe (1945) and the Hanshin-Awaji earthquake. You can also experience what an earthquake feels like in the earthquake simulator. The aim of this theme park is to raise awareness of the danger of natural disasters and pass the lesson on to future generations.

**Duration:** 1-2 hours  
**Meeting place:** Nojima Fault Preservation Museum  
177 Ogura, Awaji, Hyogo



**Earthquake storytelling "KATARIBE"**  
We don't want precious lives and irreplaceable sacrifices to have been in vain. Our duty as survivors is to pass the stories on to posterity. Toward that end, "KATARIBE" storytellers tell their stories at the Memorial House every Tuesday.

**Inquiries:** Hokudan Earthquake Memorial Park  
🌐 <http://www.nojima-danso.co.jp/>  
✉ [info@nojima-danso.co.jp](mailto:info@nojima-danso.co.jp)



23 Nature • Landscape KOBE • HANSHIN

## Cruise tour around Kobe, one of Japan's principal ports

The port of Kobe is emblematic of Japan's international trade. A cruise ship takes you on a leisurely cruise around Kobe Port, which flourished as a foreign enclave and still retains an exotic feeling. Check out the screens on the boat to learn more about the port of Kobe.

**Duration:** 45 min  
**Meeting place:** Nakatottei Chuo Cruise Terminal (Kamomeria)  
7-1 Hatoba-cho Chuo-ku Kobe, Hyogo  
**Inquiries:** Kobe Bay Cruise  
🌐 <https://kobebayc.co.jp/>  
✉ [kobebayc@ryobi-holdings.jp](mailto:kobebayc@ryobi-holdings.jp)



### Submarine Dock

The big red cranes and tugboats are symbols of Kobe Port. In front of them a submarine at anchor comes into view. This comfortable cruise offers delightful views of Akashi Kaikyō Bridge and Kobe Airport, and vistas of Kobe City as seen from the water.





24 Nature • Landscape TAJIMA

## Oriental White Stork Observation Tour (with English-speaking guide)

Toyooka City is the last remaining habitat of the Oriental stork, which had once disappeared from the skies over Japan. This tour takes you to the stork's territory, where you'll hear about how we're trying to keep our promises to the storks, and where organic farms aim to create a rich natural environment to share with them. Lunch is organic vegetables, and rice that comes from the storks' feeding grounds.

Duration: 5 hours  
Period: Apr – Oct  
Meeting place: JR Kinosaki Onsen Station  
283 Imazu, Kinosaki-cho, Toyooka, Hyogo  
Inquiries: Toyooka Tourism Innovation  
🌐 <https://visitkinosaki.com/tour-packages/>  
✉ [info@visitkinosaki.com](mailto:info@visitkinosaki.com)



### The city where storks dance their leisurely dance

Here in Toyooka we've succeeded in recovering the natural environment and returning to the wild storks that had once been extinct in Japan. We invite you to come meet these lovely birds, the "carriers of happiness".



25 Nature • Landscape TAJIMA

## Re-think SDGs through organic rice-duck farming (BBQ lunch included)

Learn about pesticide-free rice-duck farming and SDGs as you contemplate what we can do to help. Experience the multi-functionality and culture creation intrinsic to rice cultivation, and the relationship between Shinto rituals and rice farming. Fill yourself up with delicious duck, the bounty of the Japan Sea, and onigiri (rice balls) made with rice-duck farmed rice.



### What are SDGs?

The Sustainable Development Goals (SDGs) were adopted by the United Nations General Assembly in September 2015 as an essential action plan for a 15 year sustainable development program. These include 17 sectoral goals and 169 achievement criteria; such as, to end poverty, protect the planet and ensure people everywhere can enjoy peace and abundance.

Duration: 8 hours  
Period: Jun – Aug  
Meeting place: JR Hamasaka Station  
2330 Aza higashioka Hamasaka, Shinonsen-cho, Mikata-gun, Hyogo  
Inquiries: Aigamo no Taniguchi Agricultural Union  
🌐 <https://www.organic-farm.co.jp>  
✉ [info@organic-farm.co.jp](mailto:info@organic-farm.co.jp)



26 Nature • Landscape TAJIMA

## Japanese quaint old house stay! Experience nature and traditional local culture

Built in 1783, the old cargo warehouse Higashi Fujita-tei is located in Moroyose on the Japan Sea coast, one of the seaports for the Japan Heritage Kitamae-Bune, cargo ships that sailed the Japan Sea in the Edo period. The husband and wife owners restored it to create a multi-functional guesthouse that fuses Japanese architecture and European culture. With Higashi Fujita-tei, a designated Japan Heritage property, as your base for sightseeing, explore the abundant natural environment of the San'in Kaigan UNESCO Global Geopark and enjoy ikebana and other Japanese cultural experiences.

Duration: 1 night ~  
Period: Mar – Nov  
Meeting place: Guest House Higashi Fujita-tei  
577 Moroyose, Shinonsen-cho, Mikata-gun, Hyogo



### Kitamae-Bune

The Kitamae-Bune are the fleets of cargo ships that plied the Japan Sea between around 1850 and 1900, carrying goods between Osaka and Hokkaido. They didn't simply carry the cargo, but engaged in buying and selling, as well.

Inquiries: Guest House Higashi Fujita-tei  
🌐 <https://www.higashifujita.jp/>  
✉ [higashifujitatei@gmail.com](mailto:higashifujitatei@gmail.com)



27 Nature • Landscape HARIMA

## Visit 150-year-old farmhouse: Farm work experience and hearty local lunch

Yokawa-cho in Miki City boasts the largest production and best quality of the number one brewer's rice in Japan, Yamada Nishiki. Here we find a restaurant created by restoring an old farmhouse (minka) dating back more than 150 years. The tatami mats are all Toda Soshoku, created by the Toda artisans, who for more than 100 years have been crafting these tatami masterpieces in Yokawa-cho. We invite you to get a sense of the good old days in Japan in this nostalgic space, where you can harvest vegetables and enjoy an Obanzai lunch.

Duration: 2.5 hours  
Meeting place: Wawawa restaurant  
153 Furuichi, Yokawa-cho, Miki, Hyogo  
Inquiries: Wawawa  
🌐 <https://wawawa-yokawa.com/>  
✉ [masaki7732@gmail.com](mailto:masaki7732@gmail.com)



### Obanzai

It refers to home cooking eaten in ordinary households. The well-traveled restaurant owner wants as many people as possible to feel the charm of his home area, and offers Obanzai made with carefully selected seasonal ingredients.

28 Nature • Landscape TAMBA

## The experience of INAKA, harvesting and short valley hike

Enjoy the experience of harvesting vegetables with farmers who produce in Kasuga-cho, Tamba City, and then savor the farmer's wife's home cooking of the freshly picked vegetables. This 4-hour private taxi tour gives you the opportunity to mingle with the people of Tamba, and take a short hike in the Higaoka Valley, highly recommended by the local people.



### Higaoka Valley

The pure stream winds its way between crags and strangely shaped rocks in the deep forest. Each season has its own beauty in this healing spot, where you can experience shinrin-yoku (forest bathing) and negative ions.

Duration: 4 hours  
Meeting place: JR Kaibara Station  
1172-1 Kaibara, Kaibara-cho, Tamba, Hyogo  
Inquiries: Beans DMC LLC  
🌐 <https://www.inaka-experiences.com/>  
✉ [info@inaka-experience.com](mailto:info@inaka-experience.com)



29 Nature • Landscape TAMBA

## Wow!! Superb view of rising sun from Kuroi Castle Ruins in Tamba countryside!

A staying trip that offers you interaction with people, the spectacular view in the early morning, and experience the hidden treasures of deep Tamba. Kuroi Castle, where you can observe the breathtaking sunrise, is known as a strong castle that has repeatedly rejected the onslaught of a Sengoku warlord Akechi Mitsuhide during the period of Warring States. Also, you can see the hidden treasures at Tasshinji Temple, which is known as "Tamba's Shosoin" the treasure house.

Duration: 1 night, 2 days  
Meeting place: JR Kaibara Station  
1172-1 Kaibara, Kaibara-cho, Tamba, Hyogo  
Inquiries: Beans DMC LLC  
🌐 <https://www.inaka-experiences.com/>  
✉ [info@inaka-experience.com](mailto:info@inaka-experience.com)

(Note: The early morning scenery changes with the weather.)



### Tasshinji Temple

Founded by Gyoki, a Buddhist priest in the Nara period, it is said to be one of the oldest temples in the Tamba area. The over 80 statues of Buddhist statues created in the Heian and Kamakura periods in the collection are masterpieces.







30 Sports・Activity KOBE・HANSHIN

## Hyogo Hokusetsu Satoyama\* Cycling Tour

\*Area between mountain foothills and arable flat land where people live

The Hokusetsu Satoyama area is close to Hanshinkan and Osaka, and its varied terrain is perfect for cycling, with flat areas of cultivated land and hilly sections with ups and downs. A member of the local cycling team with extensive knowledge of the local roads will guide you, always with safety as the top priority. A variety of experiences are available depending on the season: touring Japan's finest Satoyama, the Kurokawa area; a "kikusumi" experience; viewing the Hitokura dam; making chopsticks with local hinoki cypress and more. Lunchtime will find you taking a break in one of the stylish local cafés or restaurants.

Duration: 7 hours

Meeting place: Nose Electric Railway

Yamashita station or Nissei Chuo station

(Yamashita station) 1-19 Mino, Kawanishi , Hyogo

(Nissei Chuo station) Matsudai 1-chome, Inagawa-cho,

Kawabe-gun, Hyogo

Inquiries: BICYCLE PROJECT

🌐 <http://bicycle-project.com/>

✉ [info@bicycle-project.com](mailto:info@bicycle-project.com)

Even beginners can enjoy cycling - no need to bring anything with you!  
We provide helmets, and you can rent a road bike, cross bike, mountain bike or even an e-bike!



33 Sports・Activity HARIMA

## Cycling along the clear stream "Chikusa"

Enjoy abundant natural surroundings nurtured by the clear waters of the Chikusa River, one of Japan's top hundred famous waters. A local guide will introduce you to the history and cuisine of the area as you cycle along the river. A variety of routes are available for viewing unique landscapes, shrines, sake breweries and more.



### The townscape of Sakoshi

Ako City's Sakoshi neighborhood flourished during the Edo period as a cargo vessel port. Stroll along the streets of this harbor area, the port of call for cargo ships that sailed the Japan Sea, which is designated as a Japan Heritage site.

Duration: about 5 hours

Period: Apr - Jun, Oct - Nov

Meeting place: Kamigori Tourist Information Center

222 Ekimae, Kamigori-cho, Akō-gun, Hyogo

Inquiries: Kamigori School District Community

Promotion Committee

🌐 None

✉ [s-yasunori@coral.ocn.ne.jp](mailto:s-yasunori@coral.ocn.ne.jp)



34 Sports・Activity AWAJI

## Awaji Island's anime park: Nijigen no Mori

Nijigen no Mori, located within the enormous expanse of Awajishima Park, is a theme park where you can enjoy attractions having Japanese anime as their motifs. Adults and children alike will love the full range of attractions including an adventure course, zipline, maze and puzzles themed around world-famous anime such as "Fire Island", the creation of the "Father of Anime", Osamu Tezuka, and others including Crayon Shinchan and NARUTO.



TM & ©TOHO CO.,LTD.

### Godzilla ambush

Japan's world-famous Godzilla now has a new attraction area. Get a real feel for the immensity and power of the biggest Godzilla in the world, 120m high, who has come ashore on Awaji Island to this unique attraction.

Duration: 2 hours~5hours

Meeting place: Nijigen no Mori

924-1 Iwaya, Awaji , Hyogo

Inquiries: Nijigen no Mori

🌐 <https://nijigennomori.com/>

✉ Please inquire via the website



31 Sports・Activity TAJIMA

## Breezy Highland Cycling with Local Picnic

Cycle along vast rice fields, cultivated farmlands, and villages nestled among broad-leaved trees with a guide who knows the Kannabe Highlands inside out. Along the way, you'll stop to gather local ingredients and harvest seasonal organic vegetables grown in the abundant nature of the Kannabe Highlands for a picnic lunch. After lunch, visit the mystical Hatton Falls and let your whole body absorb the negative ions.



### Highland Cycling + Local Food

During your cycling tour, enjoy tofu and vegetables grown from the pure local water and rich soil of the highlands! The picnic lunch made from ingredients gathered along the way is a healthy salad made from organic vegetables and local ingredients.

Duration: about 4.5 hours

Period: Apr ~ Nov

Meeting place: JR Ebari Station

13-2 Hioki, Hidaka-cho, Toyooka , Hyogo

Inquiries: Toyooka Tourism Innovation

🌐 <https://visitkinosaki.com/tour-packages/>

✉ [info@visitkinosaki.com](mailto:info@visitkinosaki.com)



32 Sports・Activity TAJIMA

## Unravel the secrets behind why Kobe beef is so delicious !

Ride a mountain bike from the top of the mountain through beautiful terraced rice fields toward Ojiro, the home of Wagyu. This is where Tajima-ushi, the cows that become the world-famous Kobe beef, are born and raised. Along the way, hear the amazing story of Tajima-ushi.



### Taste 41 parts of Tajima-ushi

Once you have tasted lunch consisting of Tajima-ushi's 41 parts, which can only be eaten here, you'll never again eat steak without recalling this experience.

Duration: about 8 hours

Period: mid-May - mid-Oct

Meeting place: JR Yōka station

100-2 Yōka, Yōka-cho, Yabu , Hyogo

Inquiries: New Japan Travel Planner Co., Ltd.

🌐 <https://www.njtp.co.jp/15652263569645>

✉ [info@njtp.co.jp](mailto:info@njtp.co.jp)



35 Sports・Activity HARIMA

## "Perpetual Youth & Longevity" forest path in Taka

Healthy walking is a kind of walking making use of climate and topography, which is used as a form of treatment in German kurort (health resorts). Choose from among 18 trails in the town of Taka, walking through forest and villages year-round, and enjoy the seasonal changes as you walk. Your knowledgeable guide will acquaint you with the rich natural surroundings, history and culture of the area as you walk. Go at your own leisurely pace, and check your pulse as you climb the gently sloping hill paths.



Healthy walking is not just about walking. Refresh your body and spirit with activities to stimulate the brain, train your muscles, and relax. Who knows? You may even be able to achieve "Perpetual Youth & Longevity".

Duration: 2.5 hours

Meeting place: Edel Sasayuri

363-13 Nakanoma, Yachiyo-ku, Taka-cho,

Taka-gun, Hyogo

Inquiries: Taka-no-mori Health Association

🌐 <https://www.takacho.net/wellness/>

✉ [takanomori.kenko@gmail.com](mailto:takanomori.kenko@gmail.com)



36 Sports・Activity KOBE・HANSHIN

## Walking tour around village of "Ebisu-san", Japanese god of wealth and commerce

The Nishitani region is richly endowed with nature and lies north of Takarazuka City, about 40 minutes from Osaka and Kobe. Experience the abundant natural beauty of the clear Muko River valley and the tranquility of a traditional Japanese landscape. Enjoy the charm of the Nishitani region, visiting Manpuku-ji temple, where the temple bell is struck to pray for visitors' good fortune. Make a lucky charm associated with the god of business prosperity, Ebisu-san, at Ebisu Shimada, and visit one of only two hanging ferneries in Japan.



Optional tours include pottery throwing in the forest and a visit to Nishitani-no-mori Park. You can also fully enjoy the Japanese atmosphere at nearby Takedao Onsen and Takarazuka Onsen.

Inquiries: Takarazuka International Tourist Association

🌐 <https://kanko-takarazuka.jp/>

✉ [kanko0701@yahoo.co.jp](mailto:kanko0701@yahoo.co.jp)

Duration: 6 hours

Meeting place: JR Takedao Station

1 Izuriha, Tamase Takarazuka , Hyogo





37 Sports・Activity KOBE・HANSHIN

## Experience Bushidō through martial art "Naginata": Everything starts and ends with a bow

Budo (martial arts) are not only for the purpose of honing the military arts; they aim to perfect the character of practitioners through the process of improving their skills. Kyoko Kimura, the 17th head of the old school Tendōryu, will teach you naginata, a traditional martial art. Learn the innermost secrets of naginata in the Syubukan, a 230-year-old dojo that was the inspiration for the popular anime Asahinagu.

Duration: 1.5 hours  
Meeting place: Syubukan  
3-2-11 Nishidai, Itami, Hyogo  
Inquiries: Syubukan  
🌐 <https://syubukan.info/>  
✉ [r.mizoguchi-syubukan@oregano.ocn.ne.jp](mailto:r.mizoguchi-syubukan@oregano.ocn.ne.jp)



### Naginata

NAGINATA is a Japanese weapon that has a long blade on a long handle. This long, versatile weapon can be used to stab, cut or hook an opponent.



40 Gourmet KOBE・HANSHIN

## Sake tasting at local Kobe breweries

A trip to Japan's Kansai region wouldn't be complete without a visit to a sake brewery. Kobe's Nada district produces the largest volume of refined sake in Japan. The production area called "Nada Gogō" spreads for 24 kilometers east to west, and is home to about 30 breweries. The Nada area is blessed with a multitude of conditions that make it ideal for sake brewing: the mineral-rich water, called miyamizu; the famous "king of rice", Yamada Nishiki; and Rokko Oroshi, the wind from Mt. Rokko that brings in cold air to create an ideal climate. Your guide on this tour knows sake and the Nada area inside out, and will take you deep into the fascinating world of Japanese sake.



### Sake Brewery tour

You'll visit 3 carefully selected locations and taste more than 25 different kinds of sake. Irresistible for Japanese sake enthusiasts!

Duration: 3.5 hours  
Meeting place: Ishiyagawa Station on the Hanshin line  
2-23 Mikageishimachi, Higashinada-ku, Kobe, Hyogo  
Inquiries: BE TORABERU CO., Ltd.  
🌐 <https://kobelocaltours.com/tours/>  
✉ [info@kobelocaltours.com](mailto:info@kobelocaltours.com)



41 Gourmet KOBE・HANSHIN

## Kobe China Town Walking Foodie Tour

This gourmet tour takes you to one of Japan's three major Chinatowns, Nankin-machi, a favorite tourist destination in Kobe. People who actually live there arrange the tour, so you won't have to wait in line outside popular restaurants. Not only will you enjoy the food, but you'll also learn about the architectural history of the town and find souvenirs, and receive a large square card (shikishi) with your name written in kanji.



### Enjoy an eating tour in an exotic atmosphere!

Nankin-machi is said to have begun to flourish starting in 1867 when Kobe's port was opened to foreign trade. Here you can enjoy shopping and eating in the many shops that line the streets, selling Chinese ingredients, sundry articles and food.

Duration: 2.5 hours  
Meeting place: Guesthouse Kobe Nadeshikoya 1-2-21, Sakaemachidori, Chuo-ku, Kobe, Hyogo  
Inquiries: BE TORABERU CO., Ltd.  
🌐 <https://kobelocaltours.com/tours/>  
✉ [info@kobelocaltours.com](mailto:info@kobelocaltours.com)



38 Sports・Activity KOBE・HANSHIN

## Noevir Stadium Kobe tour: The home ground of J1 Football League club Vissel Kobe

Noevir Stadium Kobe is the home-ground for the Football J1 League VISSSEL KOBE, where many world-class star athletes play. This tour's main attraction is Noevir Stadium Kobe, but you'll also visit Wada Shrine, where the Vissel Kobe team prays for victory, and Harborland, the official shop for Vissel Kobe souvenirs. Then head off on your own to enjoy Kobe's beautiful harbor scenery and gourmet shopping.

Duration: 2.5 hours  
Meeting place: Minatogawa Shrine entrance 3-1-1 Tamondori, Chuo-ku, Kobe, Hyogo

### Noevir Stadium Kobe tour

A must-see for football and rugby fans! This tour takes you behind the scenes at the stadium, where you can take a peek at the benches where the coaches and players sit, the press conference room and the locker rooms.

Inquiries: Nihon Tour Service  
🌐 <https://jts-travel.jp/>  
✉ [info2@jts-travel.jp](mailto:info2@jts-travel.jp)



39 Sports・Activity HARIMA

## Study tour in golf iron factory (Golf wedge inscribed with your name included)

Miuragiken, founded in 1977 in Ichikawa-cho, is the birthplace of golf clubs made in Japan. All the processes for making iron heads are carried out here, using the company's unique forging technology. Although mechanized production is now the mainstream in the industry, Miuragiken values the touch of the artisan's hand. Only here can you learn about MIURA technology, prized by top pros and fans around the world, and create your own original wedge.

Duration: 3 hours  
Period: Mar – Dec  
Meeting place: Miuragiken Co., Ltd.  
257 Kodani, Ichikawa-cho, Kanzaki-gun, Hyogo



Ichikawa-cho's irons came into being by adapting the forging methods used by swordsmiths. Tour the factory, stamp a wedge and take it home with you.

Inquiries: Shinkibus Co., Ltd., Himeji branch  
🌐 <https://www.shinkibus.com/>  
✉ [himeji-snk@shinkibus.co.jp](mailto:himeji-snk@shinkibus.co.jp)



42 Gourmet HARIMA

## Learn about and taste sake at the home of brewer's rice, Yamada Nishiki

Miki City, with its ideal climate and topography, boasts Japan's largest production and highest quality of large-grained Yamada Nishiki, called the "king of brewer's rice". In this "holy ground" of brewer's rice, you can enjoy the Yamada Nishiki story through your senses: actually walk in the rice fields (see), taste the rice (eat) and taste sake made from Yamada Nishiki (drink).

Duration: 4 hours  
Period: May – Nov  
Meeting place: Yamada Nishiki-no-Yakata 222 Kichiyasu, Yokawa-cho, Miki, Hyogo  
Inquiries: Yamada Nishiki-no-Sato  
🌐 <https://www.takacho.net/wellness/>  
✉ [takanomori.kenko@gmail.com](mailto:takanomori.kenko@gmail.com)



### Options

- Rice planting
- Rice harvesting
- Hot spring bath

※Planting and harvesting are during a limited time only. Please e-mail for more information.



43 Gourmet KOBE・HANSHIN

## School of Sweet Trick: Sweets making and chocolate seminar

Chef Susumu Koyama, winner of a multitude of awards at chocolate and confectionary competitions in Japan and abroad, lectures on how to make sweets. Experience the careful attention to detail that characterizes Japanese creations. Separately, Chef Koyama offers a chocolate seminar, where he recounts how he searches for ingredients, selects cacao, and develops new chocolate products. He also reveals his thoughts on what he wants to share with the world through chocolate. Also, enjoy a unique shopping experience, starting with the chef's signature creation, the "Koyama Roll".

Duration: 1.5 hours (chocolate seminar)  
2.5 hours (confectionary making)  
Period: Mar-Sep, Nov  
Meeting place: Pâtissier es koyama 5-32-1 Yurinkidai, Sanda, Hyogo



### es-koyama

Chef Susumu Koyama is a leading Japanese pâtissier. He received Best Foreign Chocolatier at the world's largest chocolate event, the SALON DU CHOCOLAT in Paris, for two years in a row. Active both in Japan and overseas, he is the recipient of many other awards, as well.

Inquiries: Pâtissier es koyama  
🌐 <https://www.es-koyama.com/index.html>  
✉ [kouhou@es-koyama.com](mailto:kouhou@es-koyama.com)





44 Gourmet HARIMA

## Explore "Ieshima", isolated but nearby islands in Seto Inland Sea

The Ieshima islands are a group of 44 large and small islands located 18km offshore from Himeji city. Since olden times the islands have been an important location for navigators waiting for favorable winds and the tides in the Inland Sea, and so have had many visitors. Together with your guide you can stroll the old-fashioned streets and take photos, visit temples and shrines and savor delicious fresh seafood from the Inland Sea. Why not embark on a journey to this historic island with its many legends and romantic tales?

Duration: 7.5 hours  
Meeting place: JR Himeji Station  
322 Tofu-machi, Himeji, Hyogo  
Inquiries: Shinkibus Co., Ltd., Himeji branch  
🌐 <https://www.shinkibus.com/>  
✉ [himeji-snk@shinkibus.co.jp](mailto:himeji-snk@shinkibus.co.jp)

### The daily life of Ieshima island

Ieshima has very little flat ground, so most of the houses are crammed close together and the island is dotted with lanes and back alleys. These are part of the inhabitants' daily lives, and as you walk along you'll see housewares and old wells, with pump handles that even today work to bring the water gushing out.



47 Gourmet TAJIMA

## Fillet a fish into Sashimi: Learn from local moms

In the past, when winter came and covered it in snow, the Mio neighborhood of Shinonsen-cho was known as a self-contained land island. The villages along the steep cliffs facing the Japan Sea lie along the Tajima Mihnoura coastline, a place of scenic beauty designated as a Natural Monument. The sparkling emerald green of the sea in summertime is truly a sight to see. Unique culture and traditions endure in the lovely villages, where you can enjoy conversations with the local women, who will show you how to make sashimi.

Duration: 3 hours  
Period: Mar-Apr, Jul-Nov  
Meeting place: former Mihnoura nursery school  
164 Mio, Shinonsen-cho, Mikata-gun, Hyogo



### An initiative by Mihnoura moms to revitalize the villages!

The Mio area had a flourishing fishing industry, but now no vestiges remain. The local women are striving to revitalize the area by making and selling local cuisine unique to Mio. Their next challenge is an inbound initiative, SASHIMI.

Inquiries: Hamasaka Tourist Association  
🌐 <http://www.hamasaka.com/>  
✉ [info@hamasaka.com](mailto:info@hamasaka.com)



48 Onsen TAJIMA

## Onsenji Temple Hot Spring Therapy Tour

Standing at the western edge of Kinomaki-onsen town, Onsen-ji temple's main building dates from 738. In times gone by, visitors to this onsen town would pray at the temple to be cured of illnesses, and be blessed with water by the guardian deity. Only then could they receive a wooden dipper and be admitted to the hot baths. The wooden dipper was the entry ticket to the baths, and the custom endured until the Edo period. On this tour, the chief priest will tell you more about these ancient rituals, the history of Onsenji Temple and the story of Kinomaki Onsen's founder.

Duration: 2.5 hours  
Meeting place: JR Kinomaki Onsen station  
283 Imazu, Kinomaki-cho, Toyooka, Hyogo



### Kinomaki Onsen

Kinomaki Onsen boasts a two-star listing in the Michelin Green Guide Japan. From the mountaintop you can take in magnificent views of the town and the gently flowing Maruyama river, with the Japan Sea coastline in the distance. At the top of the mountain, you can try your hand at the famous "kawareake-nage", throwing unglazed pottery called "kawareake" at a target, to drive away bad fortune and ask for good luck.

Inquiries: Toyooka Tourism Innovation  
🌐 <https://visitkinomaki.com/tour-packages/>  
✉ [info@visitkinomaki.com](mailto:info@visitkinomaki.com)



45 Gourmet TAMBA

## Harvest Edamame beans in Tambasayama countryside

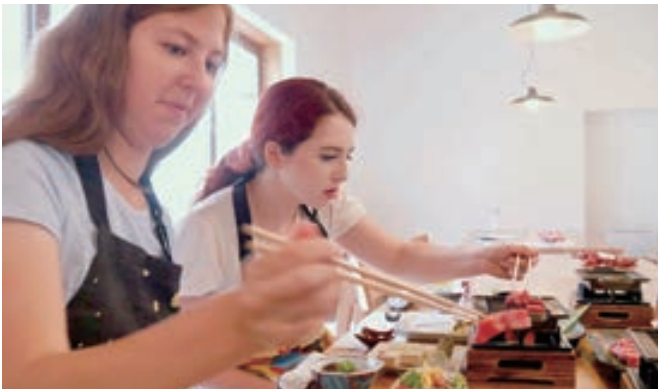
The beautiful rural landscape of Tamba still remains, with its pure air and rich natural surroundings. Try your hand at harvesting edamame in Tambasayama's countryside, registered as a Japan Heritage site. Edamame are well known overseas, too, but mostly as a frozen product. There's no comparison between frozen and freshly picked edamame – you really must taste them and see.

Duration: 45 min  
Period: Jul – Aug  
Meeting place: FullMind Company  
576 Nishisakamoto, Tambasayama, Hyogo  
Inquiries: FullMind Company  
🌐 <https://www.edamame.farm>  
✉ [honda@tanbaguro.jp](mailto:honda@tanbaguro.jp)



### Harvesting Edamame beans

Riding on the boom in Japanese cuisine arising out of growing health awareness, edamame are now consumed around the world and seem to have many fans. Try freshly picked and boiled edamame!



46 Gourmet TAJIMA

## Private Meat Sommelier Lesson and Tajima Beef Meal

Learn about the pinnacle of world-class Kobe beef, Tajima beef, in a private space at restaurant Irori Dining Mikuni. Experience the amazing flavor of the prized Tajima-Guro, fed and raised in an extremely meticulous way. Under the watchful eye of the owner, learn how to prepare a block of Tajima-Guro meat and the most delicious way of grilling it.

Duration: 2 hours  
Period: Apr – Oct  
Meeting place: Irori Dining Mikuni  
219 Yushima, Kinomaki-cho, Toyooka, Hyogo  
Inquiries: Toyooka Tourism Innovation  
🌐 <https://visitkinomaki.com/tour-packages/>  
✉ [info@visitkinomaki.com](mailto:info@visitkinomaki.com)



### Tajima-Guro

Extremely rare even among Tajima beef (the source of Kobe beef). Tajima-Guro is raised only on approved farms and fed special food, and just 2-3 cows are shipped monthly. Its fat melting point is low, at 12°C, while that of ordinary Japanese Black beef is about 25°C, and the large amount of oleic and linoleic acids in the umami component has been verified.



49 Onsen TAJIMA

## Meet, Eat and Enjoy with locals at "Yumura", named after a hot springs village (making custard pudding included)

Yumura Onsen is one of Japan's leading high-temperature hot springs. Hot water at a temperature of 98°C boils up from the source, called "Aryu". The local people have used this "Aryu" since early times to boil vegetables and the like. Enjoy strolling around this quiet, relaxed onsen town, and try eggs and custard pudding boiled in the hot spring water. Have your fortune told by the way you peel the boiled egg, chat with a local granny, and let yourself unwind.

Duration: 3 hours  
Meeting place: Yumura Onsen Pocket Park  
1264-1 Yu, Shinonsen-cho, Mikata-gun, Hyogo  
Inquiries: Yumura Onsen Tourism  
🌐 <http://www.yumura.gr.jp/>  
✉ [yuroman@yumura.gr.jp](mailto:yuroman@yumura.gr.jp)



Aryu custard pudding



Aryu boiled eggs

### Yumura Onsen

This ancient hot spring was discovered about 1200 years ago. The townsfolk still use the hot springs for much of their daily cooking and is the charm of Yumura Onsen Town.



Explore by Category

Night time

- 1

KOBE-HANSHIN
- "Lightscape in Rokko", fusion of 10 million dollar nightscape and artistic light show on Mt Rokko (Japanese-style Mongolian mutton BBQ included)

History • Culture

- 2

KOBE-HANSHIN
- Experience "Noh", the oldest theatre art in the world
- 3

HARIMA
- Learn all about Japanese knives in an age-old ironware town
- 4

HARIMA
- Workshop on making "Sugidama", symbol of Japanese sake
- 5

KOBE-HANSHIN
- Explore Hanshin Area: Frank Lloyd Wright Architecture and Koshien Baseball Stadium
- 6

KOBE-HANSHIN
- AWAJI One-day trip appreciating contemporary art and the magnificent architectures in Hyogo
- 7

KOBE-HANSHIN
- Come to the Wind Museum in Sanda, where the wind shines
- 8

KOBE-HANSHIN
- Immerse yourself in nature at Sorakuken Garden, a traditional Japanese garden in Kobe
- 9

HARIMA
- "Banshu-ori" weaving workshop: It starts with nostalgic sounds
- 10

HARIMA
- Go back in time to the Edo period! Stroll "Himeji" in princess-style Kimono
- 11

HARIMA
- Discover secrets of World Heritage Himeji Castle with local guides
- 12

TAMBA
- Explore Japanese "Kokoro: philosophy", "Dō: path and codes", and "Aji: taste" in Tamba
- 13

TAMBA
- The quintessence of INAKA, the spirit and skill of Tamba
- 14

TAJIMA
- Experience Japanese traditional craftsmanship: Toyooka wicker baskets and short cruise on the Maruyama River
- 15

TAJIMA
- Strolling historic castle town "Izushi" in Kimono
- 16

TAJIMA
- Zen Meditation, Buddhist Sermon & Matcha at Gokurakuji Temple
- 17

TAJIMA
- Straw Craft Activity and Artisan Workshop Tour (with English-speaking guide)
- 18

AWAJI
- Experience Awaji puppets opera, Japan's 500-year-old traditional performing art
- 19

AWAJI
- Let's play "Fukimodoshi", a traditional Japanese toy on Awaji Island
- 20

AWAJI
- Aromatic handicraft experience on Awaji Island, Japan's foremost incense-producing region

Nature Landscape

- 21

AWAJI
- Cruise tour to extraordinary natural wonder, The Whirlpools of Naruto Strait
- 22

AWAJI
- Learning about January 17, 1995, The Great Hanshin-Awaji Earthquake Disaster
- 23

KOBE-HANSHIN
- Cruise tour around Kobe, one of Japan's principal ports
- 24

TAJIMA
- Oriental White Stork Observation Tour (with English-speaking guide)
- 25

TAJIMA
- Re-think SDGs through organic rice-duck farming (BBQ lunch included)
- 26

TAJIMA
- Japanese quaint old house stay! Experience nature and traditional local culture
- 27

HARIMA
- Visit 150-year-old farmhouse: Farm work experience and hearty local lunch
- 28

TAMBA
- The experience of INAKA, harvesting and short valley hike
- 29

TAMBA
- Wow!! Superb view of rising sun from Kuroi Castle Ruins in Tamba countryside!

Sports Activity

- 30

KOBE-HANSHIN
- Hyogo Hokusetsu Satoyama Cycling Tour
- 31

TAJIMA
- Breezy Highland Cycling with Local Picnic
- 32

TAJIMA
- Unravel the secrets behind why Kobe beef is so delicious !
- 33

HARIMA
- Cycling along the clear stream "Chikusa"
- 34

AWAJI
- Awaji Island's anime park: Nijigen no Mori
- 35

HARIMA
- "Perpetual Youth & Longevity" forest path in Taka
- 36

KOBE-HANSHIN
- Walking tour around village of "Ebisu-san", Japanese god of wealth and commerce
- 37

KOBE-HANSHIN
- Experience Bushidō through martial art "Naginata": Everything starts and ends with a bow
- 38

KOBE-HANSHIN
- Noevir Stadium Kobe tour: The home ground of J1 Football League club Vissel Kobe
- 39

HARIMA
- Study tour in golf iron factory (Golf wedge inscribed with your name included)

Gourmet • Onsen

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KOBE-HANSHIN
- Sake tasting at local Kobe breweries
- 41

KOBE-HANSHIN
- Kobe China Town Walking Foodie Tour
- 42

HARIMA
- Learn about and taste sake at the home of brewer's rice, Yamada Nishiki
- 43

KOBE-HANSHIN
- School of Sweet Trick: Sweets making and chocolate seminar
- 44

HARIMA
- Explore "Ieshima", isolated but nearby islands in Seto Inland Sea
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TAMBA
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TAJIMA
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TAJIMA
- Fillet a fish into Sashimi: Learn from local moms
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TAJIMA
- Onsenji Temple Hot Spring Therapy Tour
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TAJIMA
- Meet, Eat and Enjoy with locals at "Yumura", named after a hot springs village (making custard pudding included)



GETTING TO  
HYOGO

Hyogo is close to Kyoto and Osaka, reachable within an hour using conventional train lines. With three domestic airports and four Shinkansen stations, Hyogo is also easily accessible from other parts of Japan.



by  
Shinkansen

to Shin-kobe sta.  
Tokyo sta. 165min.  
Nagoya sta. 65min.  
Hiroshima sta. 70min.  
Hakata sta. 135min.

to Himeji sta.  
Tokyo sta. 185min.  
Nagoya sta. 85min.  
Hiroshima sta. 60min.  
Hakata sta. 125min.



by Train

to Sannomiya sta.  
Kyoto sta. 55min.  
Osaka sta. 20min.  
Himeji sta. 40min.

to Himeji sta.  
Kyoto sta. 95min.  
Osaka sta. 60min.  
Sannomiya sta. 40min.



by Airplane

to Itami apt.  
Haneda apt. 70min.  
Shin-chitose apt. 120min.  
Naha apt. 110min.

to Kobe apt.  
Haneda apt. 80min.  
Shin-chitose apt. 125min.  
Naha apt. 110min.



by  
Limousine bus

to Sannomiya sta.  
Kansai kokusai apt. 80min.  
Itami apt. 40min.

to Himeji sta.  
Kansai kokusai apt. 140min.  
Itami apt. 80min.