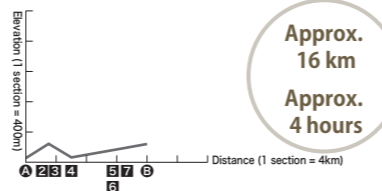


Course.1

Sadamitsu Double Udatsu Townscape ~ Old Mt. Tsurugi Road Course

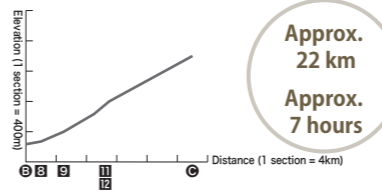


Starting from JR Sadamitsu Station, go through the "Double Udatsu Townscape" of traditional architecture, and on the right is the entrance to the old road with the stone monument for "Old Mt Tsurugi Road". After passing through the small villages with views of the Asan Mountains, take a break at one of the temples, which are part of the local area's own "Outer Shikoku 88 Pilgrimage Sites." On the way, follow the clear "Sadamitsu River" which flows through the bottom of the valley. Also along here is the "Narutaki Waterfall" which has the longest drop in the prefecture, as well as the Globally Important Agriculture Village of "Sarukai" which goes up the hillside. As you enter the "Ichiu" district, the valley becomes a narrow canyon, and in here is the waterfall site known as "Dogama ("Clay Pot") due to the fantastic basin it forms. A bit further along is "Tsurugino Yado Iwato" hotel, which is today's goal.

- A** JR Sadamitsu Station (START) [0.5km]
- 1** Double Udatsu Townscape-Old Mt. Tsurugi Road Monument [0.6km]
- 2** Urayama-do Temple [1.5km]
- 3** Hikichi-do Temple [0.75km]
- 4** Sadamitsu River [2.6km]
- 5** Sarukai Village Overlook [6.2km]
- 6** Narutaki Waterfall Viewpoint [0.6km]
- 7** Dogama Waterfall Site [2.9km]
- B** Tsurugino Yado Iwato Hotel

Course.2

Ichiu Giant Tree Course

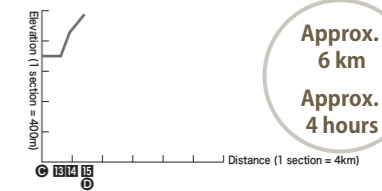


From the start to the end today there are no vending machines or shops, so be prepared with what you need before setting out. In the beginning of the day you pass a closed school, which is one of the area's seven former elementary schools for the population which once exceeded 20,000 people. After encountering a variety of giant trees, you arrive at "Kuwadaira Village", where you are overwhelmed by the gigantic horse-chestnut and cedar trees. Further along the area becomes natural forest and at the top you reach the goal at "La Foret Tsurugisan" hotel.

- B** Tsurugino Yado Iwato Hotel (START) [1.95km]
(Side-Trips ① "Japan's Largest Hackberry Tree" and "Akamatsu Village") One-Way 0.7km
 - 8** Mibuchi [3km]
 - 9** Kawachi-do Temple [4km]
 - 10** Tszuro-do Temple
 - 11** Giant Cedar & Horse-Chestnut Trees [1.5km]
 - 12** Kuwadaira Village [11.5km]
 - C** La Foret Tsurugisan Hotel
- Option**
Guided mountain experience around Mt Tsurugi with tipi tent
【Contact】
"Trip the river guide of Shikoku"
TEL: 0883-68-8022
E-mail: trip.anabukigawa@gmail.com

Course.3

Mt. Tsurugi Hiking Trail Course



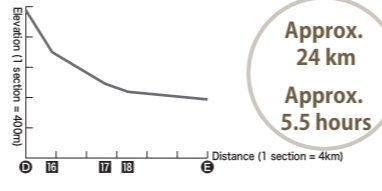
A short distance from "La Foret Tsurugisan" hotel you will enter the Miyoshi City area. The Mt. Tsurugi range will be in front of you with the hidden Iya Valley region below. Proceed ahead to reach the trailhead at "Minokoshi". There are some shops and parking areas here, and the first part of the climb can be made easier by taking the chairlift up to "Nishijima Station". From there several trails continue the rest of the way up to the summit, so you can choose your own route to the top! On the summit, the views of neighboring Mt. Jirogyu and the sunset are exceptional. Stay overnight at the "Tsurugisan Chojo Hutte" mountain-top lodge.

- C** La Foret Tsurugisan Hotel (START) [2.3km]
- 13** Mt. Tsurugi Trailhead at Minokoshi [1.4km]
- 14** Nishijima Station (for chairlift) [2.3km]
- 15** Mt. Tsurugi Summit
- D** Tsurugisan Chojo Hutte



Course.4

Oku-Iya Double Vine Bridges Course

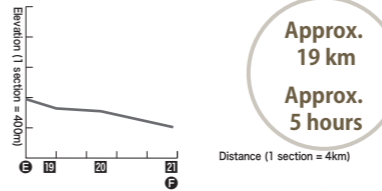


Climb back down Mt. Tsurugi to "Minokoshi" and follow the road down into the Iya Valley for about an hour to arrive at the "Oku-Iya Double Vine Bridges". There is a campsite here along the clear "Iya River" where you can take a break. Alternately, if you would like to traverse the mountains from Mt. Tsurugi instead, a hiking trail goes from Mt Tsurugi summit via Mt Jirogyu, and after passing the "Marushi Hut" the trail goes down to the Vine Bridges. From the Vine Bridges, take the road which follows the "Iya River" where you will come upon the Nagoro "Scarecrow Village", which is full of hundreds of life-sized dolls acting like residents. Further down the road you reach today's goal at "Togenkyo-Iya Mountain Village" in the village of Ochiai.

- D** Tsurugisan Chojo Hutte (START) [3.7km]
- 16** Mt. Tsurugi Trailhead at Minokoshi [6.6km]
- 17** Oku-Iya Double Vine Bridges [3.2km]
- 18** Nagoro Scarecrow Village [10.5km]
- E** Togenkyo-Iya Mountain Village

Course.5

Higashi-Iya Ochiai Village ~ Iya-no-Kazurabashi Course

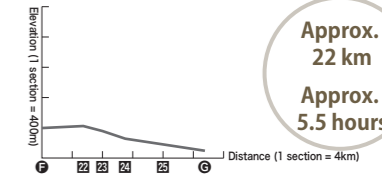


Across the valley you can reach the "Ochiai Village Viewpoint", where you can climb up to see the hillside expanse of this Nationally Important Preservation District of historic thatched roof homes. From the bottom of Ochiai Village to the top there is an elevation difference of 390 meters. Follow the main road further, passing through Higashi-Iya's downtown section of "Kyojo", and then after a while reaching the famed "Iya-no-Kazurabashi" Vine Bridge. There are lots of hotels and guest houses in this "Oboke / Iya Onsenkyo" area, so finding a place to stay is no problem. You can also take a break at one of the several hot springs.

- E** Togenkyo-Iya Mountain Village (START) [3.5km]
- 19** Ochiai Village Viewpoint [6km]
- 20** Kyojo [9.5km]
- 21** Iya-no-Kazurabashi Vine Bridge
- F** Oboke / Iya Onsenkyo Area

Course.6

Nishi-Iya · Iyakei Gorge Course



From here the Iya Valley deepens and awesome views abound. Don't forget to be prepared for the day since there are few shops along here. Follow the old road into the Iyakei Gorge to the Michelin-certified "Hi-no-Ji Bend" viewpoint and the daring "Peeing Boy Statue". Further along, pass through "Deai" village and if you have time, take a break here at "Haretoke Cafe" which is in an old school building. But if planning to take the train from JR Iyaguchi Station, be sure to check the train schedules since there are only a few trains per day. From Deai, it is only a little more to go, and the valley will begin to widen upon finally reaching your goal at the point where the Iya River joins the Yoshino River.

- F** Oboke / Iya Onsenkyo Area (START) [5.5km]
 - 22** Hi-no-Ji Bend Viewpoint [2.5km]
 - 23** Peeing Boy Statue [3km]
 - 24** Iyakei Viewpoint [5km]
 - 25** Deai (Side-Trip ① "Haretoke Cafe") One-way 0.4 km [5.5km]
 - G** JR Iyaguchi Station
- Option**
Hiking to the hidden Tsubojiri Station and the Valley Sauna at Shimonoro Permanent (winter only)
【Contact】 "Trip" Shikoku River Guides
TEL: 0883-68-8022
E-mail: trip.anabukigawa@gmail.com

IYA HIGHWAY TRAIL

Through Hidden Villages within Dense Forest

HIKE & BIKE MAP

Tokushima

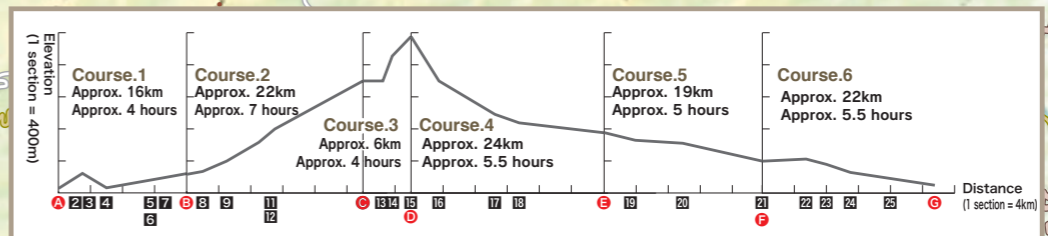
Legend:

- Toll Expressway
- Train Line
- Main Road
- Highway Bus Stop
- Osaka-Awa-Ikeda

Natural Activity Options

The Nishi-Awa Region is full of various natural activities! Please enjoy them along with the trail.

- Packraft / Rafting
- Pottering with British Brompton Bicycles
- Strolling through Globally Important Agricultural Heritage Sites
- Yoshino River Kayaking Tours



Map Key

- IC SA-PA Toll Expressway
- 65 National Highway
- 1 Main Prefecture Road
- General Prefecture Road
- Other Local Road
- JR Line
- Ropeway
- Prefecture Border
- Municipal Border
- City Hall
- Town Office
- Airport
- Highway Bus Stop
- Roadside Station (Michi-no-Eki)
- Campground
- Public Toilet
- Water Source