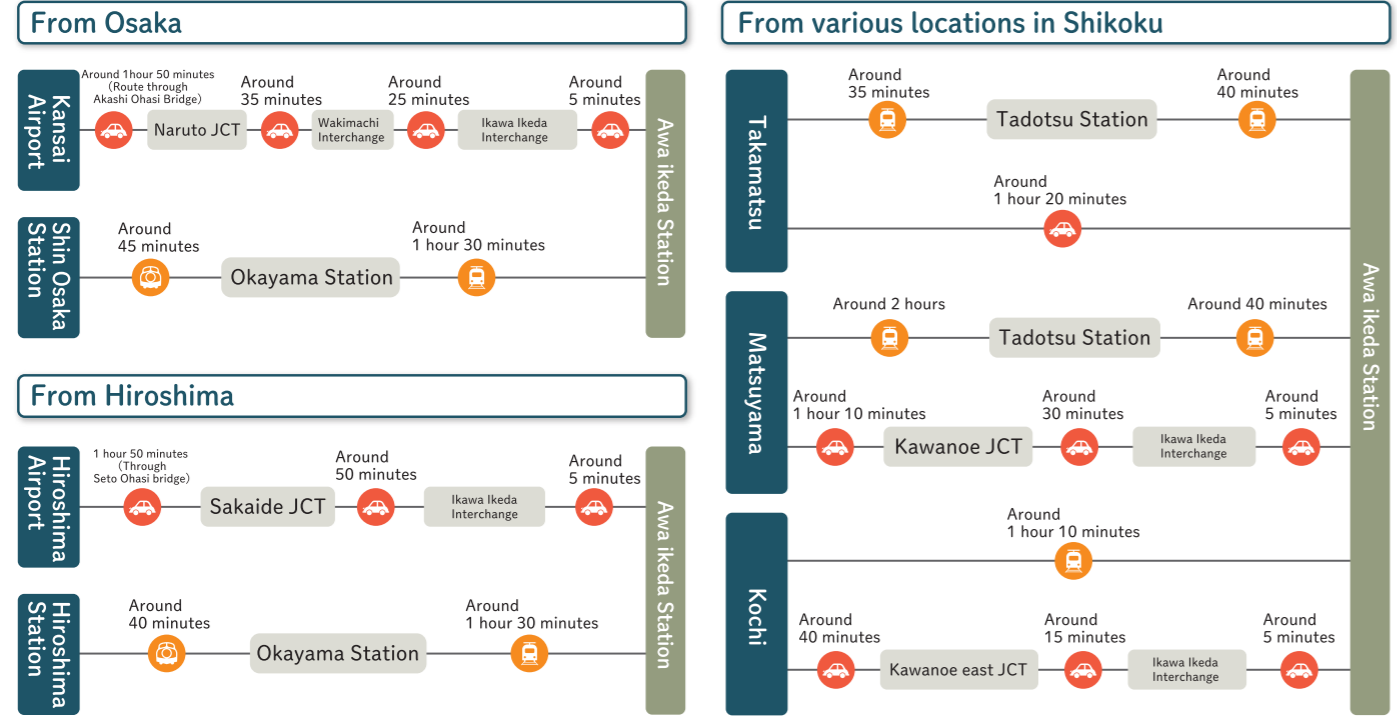


### Shikoku Access Map

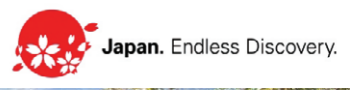
Shikoku the journey with in.  
 You will have a special time in the countryside of Shikoku.  
 Shikoku the journey within.



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



Contact/ resigtration



Contents to experience the countryside Shikoku the journey with in.

# What Fun! Shikoku



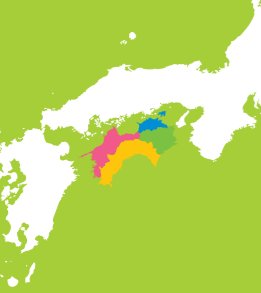
Tokushima version  
 Nishiawa Area



Contents to experience the countryside  
Shikoku the journey with it.

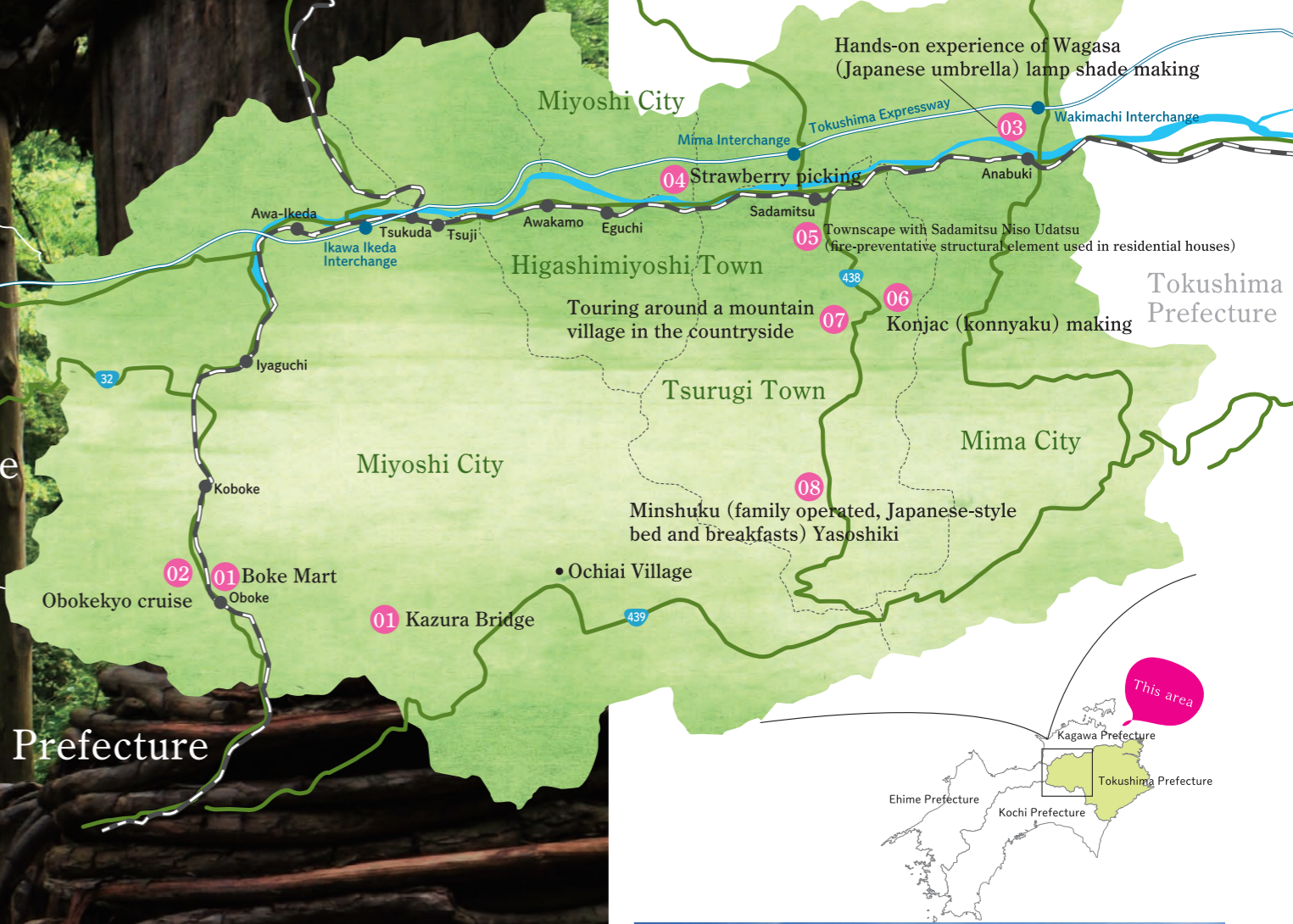
# What Fun! Shikoku

Tokushima  
version  
Nishiawa Area



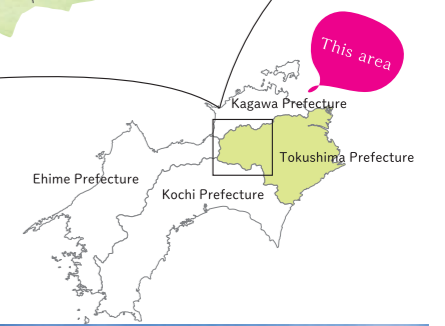
Kagawa Prefecture

Nishiawa  
Area Map



Ehime Prefecture

Kochi Prefecture



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



Ochiai Village



Iya Valley with autumn color

Iya Kazura Bridge



# 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.



# 01

Iya/Oboke

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

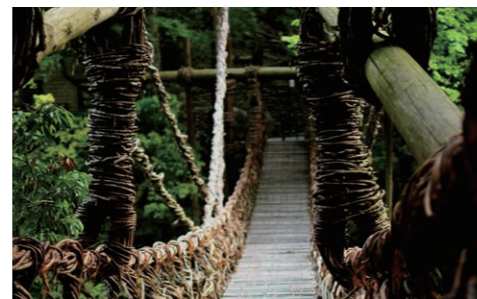
## Undiscovered region! Iya Kazura Bridge and hands-on tea grinding experience

"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, Nishiyayamamura, 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, Nishiyayamamura, 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.



# 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/kankouanna/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](mailto: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.





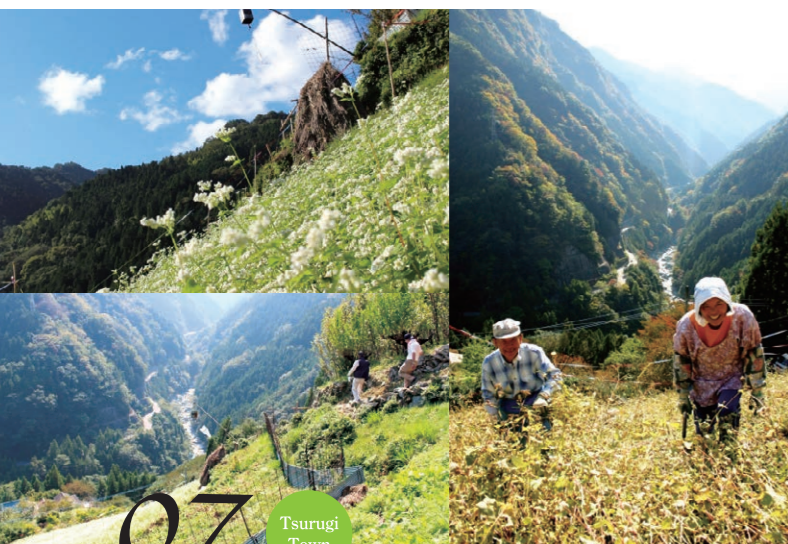
# 05

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

- ②,000 yen ① Townscape with Tsurugi Town Sadamitsu Niso Udatsu (fire-preventative structural element used in residential houses)
- ① Commerce, Industry and Sightseeing Section, Tsurugi Town Office ①0883-62-3114
- ①0883-62-3114
- ①1-3, Higashiura, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
- ①http://www.town.tokushima-tsurugi.lg.jp/kokubunhome/index.html
- ①Application required at least a week in advance ①1 person ①10 persons
- ①Entire year excluding year-end through New Year holidays ①10:00-16:00
- ①Year-end through New Year holidays ①90 minutes
- ①Course can be changed upon request. Applications accepted 9:00 - 17:00 on weekdays. Guides speak English.
- ①Apply 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.

- ⑤00 yen ① Sarukai, Sadamitsu, Tsurugi Town ① Commerce, Industry and Sightseeing Section, Tsurugi Town Office ①0883-62-3114
- ①1-3, Higashiura, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
- ①http://www.town.tokushima-tsurugi.lg.jp/kokubunhome/index.html
- ①Late September to the middle of October ①10:00-16:00 ①30 minutes ① Events 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.

- ①1,500 yen ① Mikidochi, Sadamitsu, Tsurugi Town ① Commerce, Industry and Sightseeing Section, Tsurugi Town Office ①0883-62-3114 ①109, Mikidochi, Sadamitsu, Tsurugi Town, Mima County, Tokushima Prefecture
- ①http://www.town.tokushima-tsurugi.lg.jp/
- ①Application required at least 3 days in advance ①2 persons ①7 persons
- ①All year ①13:00-7:00 ①Saturdays, Sundays and holidays ①4 hours
- ①Irregular holidays due to local festivals, etc. Interpreter required.



# 08

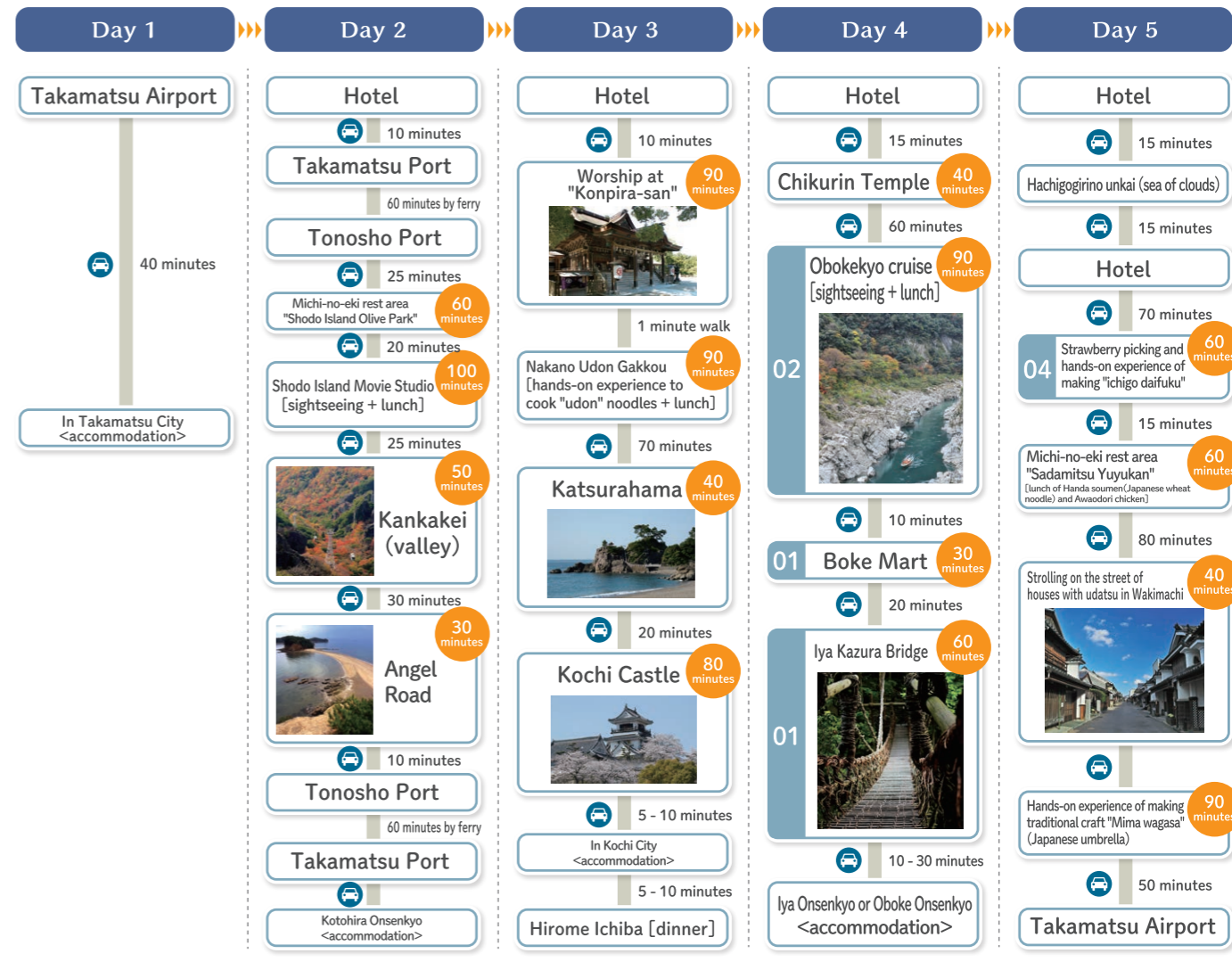
Tsurugi Town

## 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

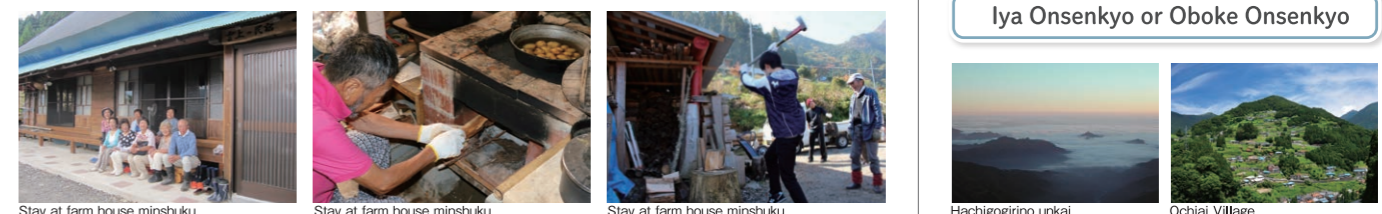
Enjoy a one-and-only experience such as Goemon buro (bath) and chopping firewood at the minshuku where you can feel nature in a mountain village over the clouds.

- ⑤5,000 yen (including accommodation and meal) ① Yasoshiki ① Yasoshiki ①0883-67-2706, 090-7871-5300 ①444, Aza Hisayabu, Ichii, Tsurugi Town, Mima County ①http://www.eonet.ne.jp/~itiu-yasosiki/ ①Apply on the phone
- ①1 person ①8 persons ①April - November ①10:00-21:00 ①Irregular holidays
- ①1 - 3 hours ①\* For guests - Hands-on experience of chopping firewood (free of charge). Pizza baking (meal charges required). Potato digging. Harvesting dried persimmons (1,000 yen). ①One group per day only (group of 1 - 8 persons). ①Hands-on experience only - 3,000 yen ①Application 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



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

