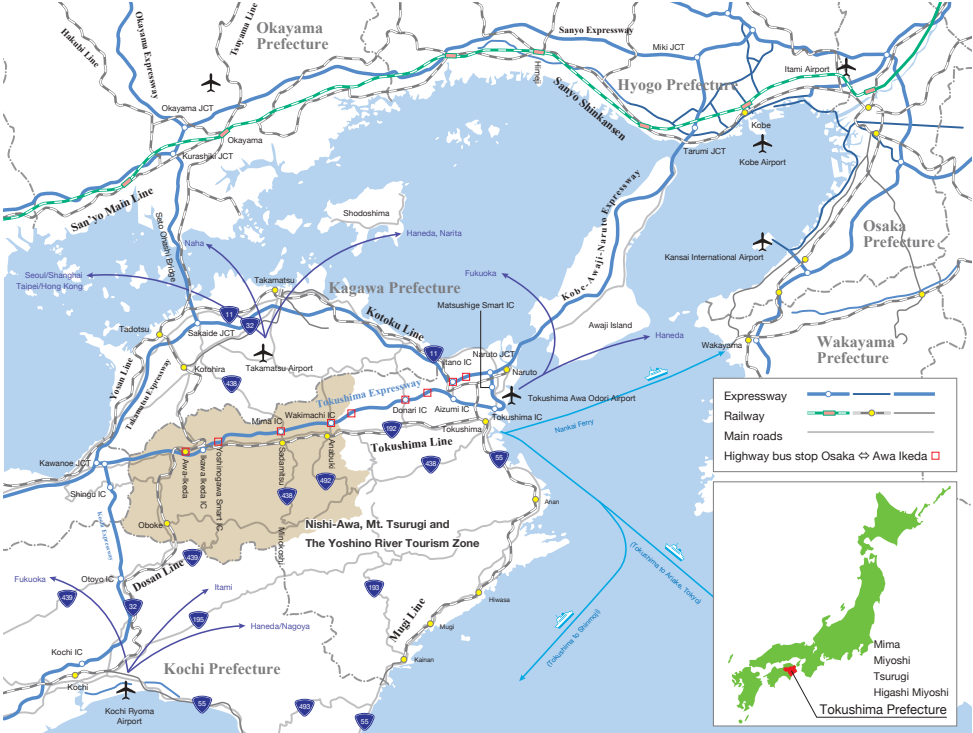


Access Guide



**By car**

From Kobe: Kobe → Naruto JCT → Wakamachi IC → Ikawa Ikeda IC About 2 hours and 30 minutes

From Okayama: Okayama → Zentsuji → Awa-Ikeda About 1 hour and 40 minutes

**From the airport (by car)**

From Tokushima Awa Odori Airport → Awa-Ikeda About 1 hour and 20 minutes

From Takamatsu Airport → Awa-Ikeda About 1 hour and 20 minutes

From Kochi Ryoma Airport → Awa-Ikeda About 1 hour and 55 minutes

**By highway bus**

From Osaka → Awa-Ikeda Bus Terminal About 3 hours and 50 minutes

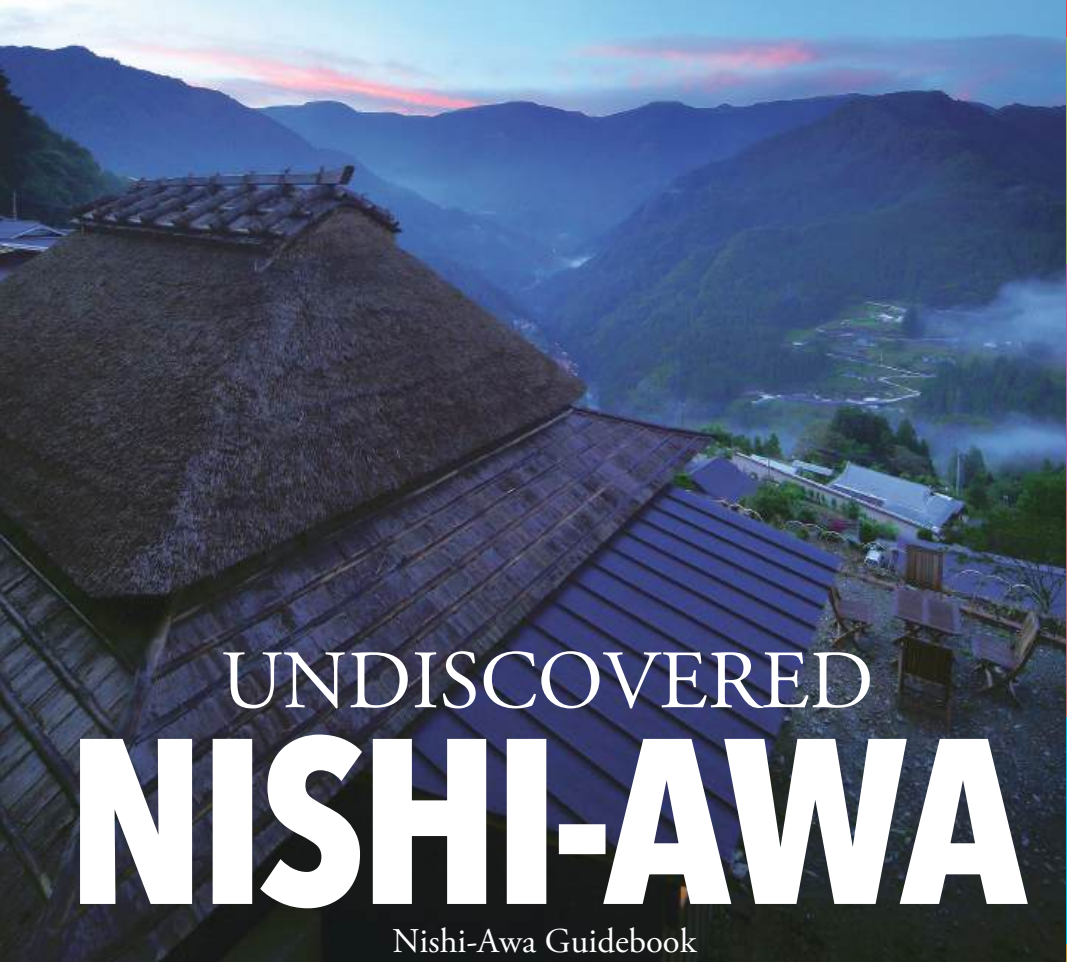
From Kobe → Awa-Ikeda Bus Terminal About 3 hours

**By train (JR)**

| From            | Line                   | Station      | Transfer                   | Station        | Time                          |
|-----------------|------------------------|--------------|----------------------------|----------------|-------------------------------|
| From Tokyo      | Nozomi Shinkansen      | Okayama Stn. | Nanpu express              | Awa-Ikeda Stn. | About 5 hours                 |
| From Tokyo      | Sunrise Seto sleeper   | Okayama Stn. | Nanpu express              | Awa-Ikeda Stn. | About 10 hours and 30 minutes |
| From Shin Osaka | Nozomi Shinkansen etc. | Okayama Stn. | Nanpu express              | Awa-Ikeda Stn. | About 2 hours and 20 minutes  |
| From Okayama    | Nanpu express          | Anabuki Stn. | Tsurugisan express         | Awa-Ikeda Stn. | About 1 hour and 20 minutes   |
| From Tokushima  | Tsurugisan express     | Anabuki Stn. | Tsurugisan express         | Awa-Ikeda Stn. | About 1 hour and 10 minutes   |
| From Takamatsu  | Shimanto express       | Tadotsu Stn. | Nanpu and Shimanto express | Awa-Ikeda Stn. | About 1 hour                  |
| From Kochi      | Shikoku express        | Tadotsu Stn. | Nanpu and Shimanto express | Awa-Ikeda Stn. | About 1 hour and 10 minutes   |
| From Matsuyama  | Shikoku express        | Tadotsu Stn. | Nanpu and Shimanto express | Awa-Ikeda Stn. | About 3 hours                 |

Nishi-Awa, Mt. Tsurugi and The Yoshino River Tourism Zone

Hidden for a thousand years



UNDISCOVERED

**NISHI-AWA**

Nishi-Awa Guidebook

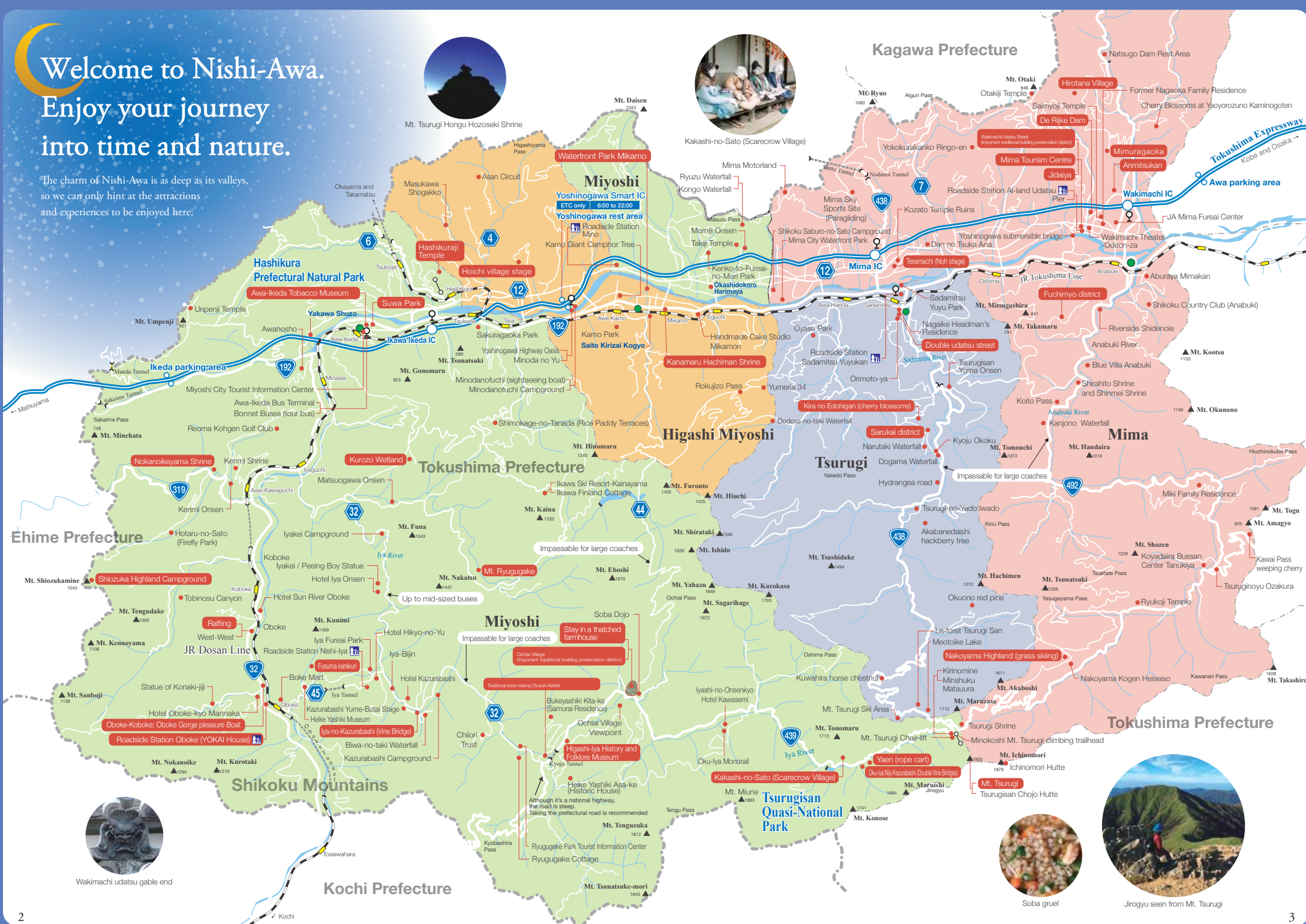




# Welcome to Nishi-Awa.

## Enjoy your journey into time and nature.

The charm of Nishi-Awa is as deep as its valleys, so we can only hint at the attractions and experiences to be enjoyed here.



Wakimachi udatu gable end

Soba gruel

Jirogyu seen from Mt. Tsurugi



# Encounter history.

“Ah, that explains it!”

Travel back in time on this street in a mountain town.

Old Japan reappears before your very eyes.

## A street sprouting with elaborate ornament

From the Edo to the Meiji period, the Nishi-Awa area thrived on water transport on the Yoshino river. It prospered greatly as a trading centre for indigo and tobacco. The streets are notable for their ornamental firewalls called 'udatsu'. These fine udatsu were symbols of success. There's a Japanese saying, “The unsuccessful can't afford ornament”. Here you can stroll along a street and admire the ornaments of success.

Mima  
Wakimachi



Members of the Wakimachi Udatsu Street Volunteer Guides will tell you secrets and stories about the udatsu that only old, local people know.



## Wakimachi Udatsu Street walking guide

Booking required at least 7 days in advance

Price etc.: ¥500 per person up to 3 people, ¥2,000 for 4 people or more, to support Volunteer Guide activities

Time required: About 1 hour

Enquiries: Mima Tourism Bureau ☎ 0883-53-8599

Mima  
Wakimachi



Stroll through  
the old streets

Miyoshi  
Ikawa



## Trace the story of tobacco on an Ikawa walking tour

Booking required at least 3 days in advance

Price etc.: 2nd and 4th Saturday of every month (negotiable on other days), Guide fee ¥500 (including insurance)

Time required: About 2 hours Assemble at the Ikawa Branch Office (Tsuji, Ikawa, Miyoshi)

Enquiries: Miyoshi City Tourist Information ☎ 0120-404-344

Learn the mystery of why a small town in the mountains flourished, and why its prosperity ended.

Look out for these  
beautiful reliefs!

Hear the inside story and uncover all the local secrets. Your guide is someone who knows everything about Tsurugicho.



## Double udatsu street guide

Booking required at least 3 days in advance, 2 to 10 people

Price etc.: ¥2,000 yen (guide fee)

Time required: About 2 hours

Enquiries: Tsurugi Town Commerce and Tourism Division

☎ 0883-62-3111

Mima-gun  
Tsurugi





This headman's residence was built in 1791. The grounds have an area of about 1,820 m<sup>2</sup>. Located in a residential area about 50 m west of the street of double udatsu, it has a quiet appearance.

## Nagaike Headman's Residence

Mima-gun  
Tsurugi

Price etc.: Free. Closed every 3rd Wednesday and New Year.

Open: 9:00 to 17:00

Enquiries: Tsurugi Town Commerce and Tourism Division ☎ 0883-62-3111



At the Mima Tourism Centre, try the traditional craft of umbrella-making. You can also try indigo dyeing using natural indigo in the workshop next door.

## Japanese umbrella-making and indigo dyeing

Booking required at least 7 days in advance

Mima  
Wakimachi

Price etc.: Umbrella-making is occasional. Japanese umbrella lampshade ¥2,500. Looking only is free. Indigo dying is from 10:00 to 17:00. Closed on the second Wednesday every month. Up to 8 people per day. Handkerchief indigo dyeing (medium) ¥800, other options available.

Time required: Umbrella about 120 minutes, indigo dyeing about 40 minutes

Enquiries: Mima Japanese Umbrella-Making Group ☎ 090-1002-3020

Indigo dyeing: Mima Regional Promotion Team ☎ 090-3188-3711



At Jidaiya in Wakimachi Udatsu Street, you can make bamboo dolls that look like they're about to dance, under the guidance of a craftsman with more than 30 years' experience. Kits make it simple and fun for adults and children.

## Making Awa Odori bamboo dolls

Booking required at least 7 days in advance

Price etc.: 9:00 to 18:00 Open year round.

Making bamboo dolls ¥1,500.

Time required: About 30 minutes

Enquiries: Jidaiya ☎ 0883-53-1015

Mima  
Wakimachi

Let's have  
a rest here



A museum in the former house of a tobacco manufacturer who prospered from the end of the Tokugawa period to the Meiji period. The luxurious building with its udatsu and courtyard attest to the prosperity of old times.

## Awa-Ikeda Udatsu House and Tobacco Museum

Miyoshi  
Ikedacho

Prices etc.: Adults: ¥310, high school and university students ¥210, elementary and junior high school ¥100. \*The Awa-Ikeda Udatsu House is free of charge. Business hours 9:00 to 17:00, not available Wednesday and New Year.

Time required: About 1 hour

Enquiries: Awa-Ikeda Udatsu House and Tobacco Museum

☎ 0883-72-3450



Local volunteers will show you around the four main temples of Teramachi such as Ganshoji and Anrakuji according to your schedule. The guides can speak English.

## Mima Teramachi Guides

Booking required at least 7 days in advance

Mima  
Mimacho

Price etc.: Occasional, negotiable time etc. Individuals free. Groups pay a ¥2,000 support fee

Enquiries: NPO Kozato Koryukai ☎ 090-4336-8882



Gotta try  
dancing.



Buburu Park Mikamo is a waterfront recreation space with soccer courts, park golf, and an event space, offering various experiences. One of them is Awa Odori dancing. Why not try dancing in the open air on the bank of the Yoshino river?



## Awa Odori dance experience at Waterfront Park Mikamo

Booking required at least 7 days in advance

Miyoshigun  
Higashi  
Miyoshi

Price etc.: From April to September on Saturday and Sunday morning only.

Elementary course 1 hour 1 person ¥500. Intermediate course 2 hours 1 person ¥1,000.

Capacity: From 6 people

Enquiries: Higashi Miyoshi Town Commerce and Tourism Division ☎ 0883-79-5345





# Encounter a way of life.

"It's so different"

Marvel at the wisdom of people who hoe the steep slopes.

In the mountain lifestyle, you can glimpse the origins of the hardy Japanese.



## Ochiai Village

The legend of the fugitive Heike clan persists in Ochiai Village, located roughly in the middle of Higashi-Iya, Miyoshi. The top of the village is about 390 m higher than the bottom.

This unspoiled landscape has been designated an Important Preservation District for Groups of Traditional Buildings. The steep slopes of the villages are dotted with farmhouses built from the mid-Edo to the early Showa period, and some are refurbished as premium accommodation where you can experience the way of life of Iya.

Miyoshi  
Higashi Iya



Some of the farmhouses remaining in Ochiai Village have been refurbished with the latest facilities such as floor heating and electric kitchens, so you can stay comfortably while enjoying the atmosphere of the mountains.

## Stay in a thatched farmhouse

Price etc.: Check in from 15:00 - Check out to 10:00  
Please ask about pricing.  
Enquiries: Tougenkyo-Iya ☎ 0883-88-2540  
For reservations, visit <http://tougenkyo-iyajp>

Miyoshi  
Higashi Iya



Oku Iya has two vine bridges, a male and a female bridge. Nearby, there's also a thrilling cable car where you pull yourself across the river by rope.

Oku-Iya Niju Kazurabashi (Double Vine Bridges) and Yaen (rope cart)

Admission: Adults ¥550, children ¥350  
Enquiries: Miyoshi City Tourist Information ☎ 0120-404-344

Miyoshi  
Higashi Iya



Stone walls, built entirely by hand, support houses and fields. There are many surprises, unique to Ochiai Village. Visit the mountain village in the sky with a guide from the Cultural Building Preservation Association.

## Ochiai Village guided tour

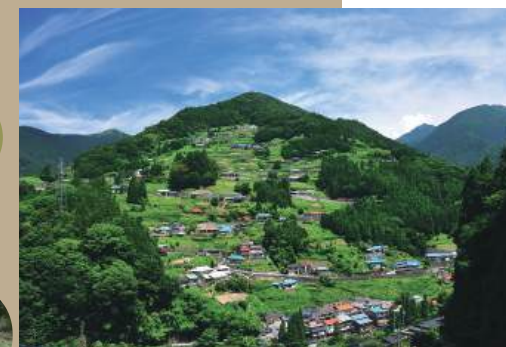
Booking required at least 7 days in advance

Guide: ¥7,500 per group (up to 10 people, tax included)  
Time required: About 1 hour  
Enquiries: Tougenkyo-Iya ☎ 0883-88-2540

Why not take a peek  
into the life of  
olden times?



Miyoshi  
Higashi Iya







Clever adaptation is required to grow things in fields sloping at more than 30 degrees. Come and experience sustainable agriculture where nothing goes to waste.

## Sarukai Village tour

Mima-gun  
Tsurugi

Price etc.: Mid September to mid October, ¥500 (tourist farm admission)

Enquiries: Tsurugi Town Commerce and Tourism Division  
☎ 0883-62-3111

### Have a taste of life in a mountain village

In the area of Nishi-Awa called Sora no Sato, you can try various experiences throughout the year, such as harvesting agricultural products and local cuisine, making straw crafts, dried persimmons, charcoal and cloth sandals. Staying in a farm guesthouse is recommended.

## Noringyoka Minshuku

Reservation required

Price etc.: 1 night, 2 meals from ¥7,500  
Capacity: 8 people  
For details, see  
<http://nishi-awa.jp/shokutonou/stay/>

Nishi-Awa  
Area



## Sora no Sato

A village dotted about the valley of Mt. Tsurugi. Learn about the robust livelihood of the people living in the highlands known as "sora" since long ago.



Iya soba is a traditional dish of Iya. The soba is grown in the mountainside fields, and milled by hand into flour. Listen to the legends of the mountain, and try your hand at making soba.

## Soba-making

Reservation required

□ Traditional soba-making

Price etc.: Meal with edible wild plants + soba takeaway for 5: ¥3,500 per person.

Time required: About 2 hours

Enquiries: Tsuzuki Atelier (Soba Making Workshop) ☎ 0883-88-5625

□ Henro Soba Iya Handmade Soba Dojo

Price etc.: Soba-making and takeaway ¥2,000 per person

Time required: About 1 hour 10 min

Enquiries: Hotel Sun River Oboke ☎ 0883-84-2111

Miyoshi  
Higashi Iya

Miyoshi  
Yamashiro



### Kneading

Add water to buckwheat flour and knead it by hand.

### Rolling

Sprinkle some flour, knead the dough into a disk with the palm of your hand, and roll it out thin with a noodle stick.



### Cutting

Fold the dough and cut it with a knife.



In Higashi Miyoshicho, you can try strawberry picking throughout the year. There's no need to wash them. You can pick them by hand, and eat them as they are. They're especially sweet at the peak of ripeness at the end of February and May. Be sure to try ichigo daifuku too.

Freshly picked  
strawberries  
are the best.

## Strawberry picking

Booking required at least 7 days in advance

Price etc.: From ¥1,500

Enquiries: Higashi Miyoshi Town Commerce and Tourism Division  
☎ 0883-79-5345

Miyoshigun  
Higashi Miyoshi



## Mimuragaoka

Reservation required

Price etc.: Reservations from 9:00 to 16:30 Barbecue set ¥2,000 and ¥3,000 for food. Noodle-making ¥2,000 (soba), ¥1,500 (udon) per person.

Enquiries: Mimuragaoka ☎ 0883-52-5650

Mima  
Wakimachi



# Encounter strangeness

In the forests of Nishi-Awa,  
a mysterious story is whispered.  
Is it all lies,  
or could it be true?

## Iya-no-Kazurabashi (Vine Bridge)

In addition to the mysterious "kazura bridge" made of vines so that it can be cut down at any time, there are various legends of the Heike in Nishi-Awa. What was the fate of a young emperor? Did he go into the sea, or into the mountains? There's another Heike story that differs from the Heike story recorded in Japanese history. Why not explore the mystery in this mountain fastness?

Miyoshi  
Nishi Iya



The deeper you go into Oku-Iya, the fewer people you meet, and the more dolls you encounter. Why not come and see the village whose residents are dolls?

## Kakashi-no-Sato (Scarecrow Village)

Miyoshi  
Higashi Iya

Price etc.: Free.

Enquiries: Miyoshi City Tourist Information ☎ 0120-404-344



Sometimes people  
speak to us.



Expand your imagination by looking for your own goblins, walking in the natural beauty of Oboke with your YOKAI collection notes in hand!

## Oboke YOKAI collecting

Miyoshi  
Yamashiro

Conditions: Age 8 or over

Price etc.: Adult ¥900, children ¥700 Content: Admission to YOKAI House and stone museum, YOKAI collection notes

\*This is not a guided tour.

Enquiries: Roadside Station Oboke (YOKAI House)

☎ 0883-84-1489



## YOKAI lore



In the Yamashiro area, which was certified as "goblin heritage" by the World YOKAI Association, there are traditions relating to some 60 types of goblin in more than 170 places. You can learn about these goblins at the YOKAI House in Roadside Station Oboke. Why not go out exploring for goblins using it as your base?



## Yamajichi no Sato (Mizunashi Village)

Yamajichi was a giant living in Iwaya. He attacked five people and two dogs and jumped over the Yoshino River. He was defeated by mountain priests who fed him hot stones disguised as dumplings.



Miyoshi  
Yamashiro

Peek into the places  
where goblins live.



## Roadside Station Oboke: YOKAI House and stone museum

Price etc.: 9:00 to 17:00 Every day from March to November From December to February, not available Tuesday (The day after if Tuesday is a public holiday) Admission: Adults ¥500 (includes the stone museum). The Roadside Station is free of charge. Enquiries: Roadside Station Oboke (YOKAI House) ☎ 0883-84-1489







You can see a replica of the red flag of the Heike clan passed down through to the Asake who are descendants of Taira no Kunimori, and items related to life in Iya. Here you can encounter the Heike legend and the way of life of Iya.

## Higashi-Iya History and Folklore Museum

Price etc.: Not available at New Year and Saturday, Sunday and public holidays from December to February.

8:30 to 17:00 Adults: ¥410

Enquiries: Higashi-Iya History and Folklore Museum ☎ 0883-88-2170

Miyoshi  
Higashi Iya

Why not tour the secret places of Iya associated with the Heike clan — the vine bridge and Biwa-no-taki Waterfall — dressed in Heike traveling clothes? There's a guided plan, and a commemorative photo plan.

## Time travel in the unexplored region of Iya — Vine bridge Heike cosplay

Period: April to December (excluding Saturdays, Sundays and holidays in Golden Week, July to August, Silver Week, and November) \*The activity may not be possible in bad weather.

Assembly: Kazurabashi Yumebutai Time required: About 1 hour with a guide, commemorative photo about 30 minutes

Reception time: 9:00 to 16:00 Price: Guided plan, adults ¥3,000, children ¥2,800 including costume rental, guide, vine bridge crossing. Commemorative photo plan: Adults and children ¥500 including costume rental, photograph (postcard size) Enquiries: Kazurabashi Yume-Butai ☎ 0883-87-2200



Miyoshi  
Nishi-Iya



The Asake Residence is said to be the home of Taira no Kunimori of the Heike clan, defeated at the battle of Yashima. Built in a style that differs from the typical farmhouses in the Iya area, and surrounded by impressive woods, gardens, and walls, it's designated a tangible cultural property of Tokushima Prefecture. The residence was restored to its original form in 1862 and is open to the public.

## Asake Heike residence

Location: 244 Asa, Higashi-Iya, Miyoshi Open: 9:00 to 16:00

Closed: Wednesday, December 26 to end of February (closed in winter)

Admission: Free

Enquiries: Miyoshi City Tourist Information ☎ 0120-404-344

Miyoshi  
Higashi Iya

Discover the hidden spots you tend to overlook when travelling by car. It's easy to drive on the narrow roads. Get around efficiently in the gaps in your schedule.

## Oboke and Iya by Sennen Mobi A new sightseeing style (ultra-small electric rental car)

Rental: ¥1,500 per hour \*Maximum ¥5,000 per day. Capacity 2 people.

Time: 9:00 to 16:00

Procedure: Apply directly to Oboke Car Rental. There's an Oboke and Iya recommended course

Enquiries: Oboke Car Rental (in Restaurant Oboke Mannaka) ☎ 0883-84-1211 1520 Nishiu, Yamashirocho Miyoshi, Tokushima 779-5451



Miyoshi  
Yamashiro

Sculptures of spirit animals  
full of the life force



Miyoshi  
Ikeda

## Hashikuraji Temple Animal mystery tour

Listen to the history and legends of Hashikuraji Temple while searching for the finely carved spirit animals at each building on this walking tour.

Price etc.: ¥500 per person guide fee. The cable car fare is separate.

Time required: 1 to 2 hours (negotiable)

Enquiries: Miyoshi City Tourist Information

☎ 0120-404-344



## Awa Odori chicken tempura

The Awa Odori chicken tempura at Yoshinogawa Highway Oasis is recommended. It's crispy outside and juicy inside. Enjoy it with the special sudachi ponzu.

Price: ¥550

Enquiries: Yoshinogawa Highway Oasis

☎ 0883-79-5858

## Dekomawashi and salt-grilled trout

"Dekomawashi", a local specialty of Iya. Special potatoes grown on the steep slopes, handmade konjac, mountain tofu and so on, are coated in miso sauce and cooked as a savoury snack. Trout cooked over charcoal is also excellent.

Enquiries: Miyoshi City Tourist Information

Toll-free 0120-404-344



## Iya soba

Iya soba is a natural food with a simple taste of the mountains that makes you want to eat it again and again. In the Nishi-Awa area, besides eating soba, you can try making soba noodles by hand yourself.

Enquiries: Miyoshi City Tourist Information Toll-free 0120-404-344

Soba has a good aroma.  
Soba from Iya



# The tasty food of Nishi-Awa



## Handa somen

Local specialty of Handa, Tsurugicho, somewhat thick, with a firm texture, these somen noodles have the sweetness special to wheat flour.

Enquiries: Handa Handmade Somen Cooperative

☎ 0883-64-3467

"That was satisfying"  
Make yourself happy  
with something tasty to eat.  
Enjoy the blessings of nature.

## Atago persimmon

Asago persimmon, a special product of Tsurugicho, has a crisp texture and subtle sweetness. It's also delicious dried.

Enquiries:

Sadamitsu Yuyukan Roadside Station

☎ 0883-62-5000



## Soba gruel

Traditional regional cooking. Gruel made with soba grains. You can try it in Iya and the Wakimachi Udatasu Street.



## Game meat

Gibier is French for 'game', wild birds and animals hunted for meat. In Tokushima Prefecture, meat prepared according to strict guidelines is branded as Awa Gibier, and this game is available in accredited restaurants.

Gibier restaurants in the Nishi-Awa area are listed here.

<http://www.pref.tokushima.jp/chouju/awa-gibier>



# Play in nature.

"Well that was fun!"

How many days in a lifetime can you say that?

Find your true self again in nature.



Mt. Tsurugi located in Tsurugisan Quasi-National Park is one Japan's 100 top mountains. Its name, which means "Sword Mountain", is said to come from the sword of Emperor Antoku. Although it's the second highest mountain in western Japan at 1,995 m, there's a chair-lift (until the end of November) which makes it easy to climb.

## Mt. Tsurugi

Price etc.: Chair-lift one way Adults ¥1,030, children ¥510  
Enquiries: Mt. Tsurugi Chair-lift ☎ 0883-67-5277

Mima  
Tsurugi  
Miyoshi



Shikoku fuuro

Kirengeshouma

Come and see  
the pretty alpine  
plants!



## The famous Mt. Tsurugi range

One of Japan's hundred famous mountains, Mr. Tsurugi is the highest peak in Tokushima Prefecture. Tsurugi forms the centre of a mountain range extending over a wide area of natural scenery. Tsurugi, also called Tarogyu, can be approached by mountain paths running over the neighbouring peak Jirogyu, or from Mt. Miune, the highest peak of Kochi Prefecture.



Enjoy many activities such as camping, field athletics, the Sky Coaster, 4-wheel buggy, and grass sledding on a spacious 100-hectare plateau extending east and west of Mt. Shiozukamine.

## Shiozuka Highland

Miyoshi  
Yamashiro

Price etc.: Four-wheel buggy age 6 or over, 10:00 to 15:00 Saturday, Sunday and National Holidays during the summer vacation period, 10 minutes ¥1,000 (discount ticket books available). Sky Coaster 9:00 to 16:30 Saturday, Sunday and National Holidays during the summer vacation period, 1 time ¥500 (discount ticket books available). Sled rental 1 hour ¥300.

Enquiries: Shiozuka Highland Campground ☎ 0883-86-3077



The green grass of Nakoyama, which hosted the World Championships, is a grass ski course where you can enjoy breezes from the highlands. You can also rent various items.

## Grass skiing

Mima  
Koyadaira

Price etc.: 9:00 to 16:30 2 hours admission for adults ¥1,020, rental ¥1,020. ¥5,140 for 1 day. Children's slope ¥300 per hour including rental.

Enquiries: Nakoyama Kogen Heiseiso ☎ 0883-68-3422



There are several excellent flight areas, including take-off spots where national tournaments are held.

## Paragliding Reservation required

Nishi-Awa  
Area

Enquiries: Higashi Miyoshi Town Commerce and Tourism Division ☎ 0883-79-5345  
Tourism Division, Future Development Bureau, City of Mima ☎ 0883-52-5610



Wearing a special belt, you advance through a course installed in the trees 5 m above the ground. With magnificent views of Oboke Gorge, there are many thrilling moments when you glimpse the torrent of the Yoshino river below.

## Tree trekking In season only

Miyoshi  
Yamashiro

Price etc.: Open from mid July to early October. Persons with a height of 110 cm or more, who can wear a harness. ¥2,800 per person per circuit (including equipment rental, insurance, viewpoint entrance fee). ¥1,000 per person if you want to go around again. \*Preschool children must be accompanied by an adult. Wear shoes that close at the ankle.

Time required: 30 min to 1 hour (depends on the individual).

Enquiries: West-West ☎ 0883-84-1117



A French-inspired nature-integrated adventure park in Iya, one of Japan's three great hidden regions. On the Long Zip, take a thrilling flight over the Iya Valley. It's 360 m, with a height difference of 50 m, one of the longest in Japan!

## Forest Adventure Iya

Miyoshi  
Nishi Iya

Price: Adventure course: Age 18 and over ¥4,000, age 10 to 17 ¥3,600  
Time: 9:00 to 16:00

Conditions: Age 10 and over, weight less than 130 kg. Under age 18 must be accompanied by an adult

Enquiries: Go! Go! Adventure ☎ 080-6284-2105



## The many countenances of the Yoshino river

Just gazing at the clear water known as Yoshinogawa Blue refreshes the spirit. And the river is a playground too, with pleasure boats, rafting, canoeing, and canyoning. The Yoshino river is becoming known worldwide as a spot for canoeing and rafting. Why not have an awesome time on the river, surrounded by the spectacular scenery of this natural treasure?



Both banks are national natural monuments, with beautiful sculpture created by nature through uplift and erosion over 200 million years. The beauty of the autumn leaves and spring greenery, and the impressions of each season await.

### Oboke Gorge pleasure boat

Price etc.: 9:00 to 17:00 Open year round.

Adults ¥1,080, children ¥540

Time required: About 30 minutes

Enquiries: Restaurant Obokekyo Mannaka ☎ 0883-84-1211

Miyoshi  
Yamashiro



River fish of Oboke Gorge

### ▼ Rafting



Make lasting memories on the Yoshino, Anabuki and Sadamitsu rivers, plunging through the rapids in an 8-seat rubber raft, drifting downstream at your own pace in a canoe or kayak, or canyoning up the waterfall of a mountain stream.

## Rafting, canoeing and canyoning

Enquiries: Yoshino river: Miyoshi City Tourist Information ☎ 0120-404-344

Anabuki river and Sadamitsu River: Tsurugi Town Commerce and Tourism Division ☎ 0883-62-3111

Nishi-Awa  
Area



### ▲ Canyoning

## A bit of this, that, and the other Nishi-Awa 2-night, 3-day recommended courses

### History course

Mima IC

↓ 5 minutes

Wakimachi Udatu Historical District  
□ Wakimachi Udatu Street walking guide (1 hour)  
□ Indigo dyeing, making bamboo dolls or Japanese umbrella-making  
□ Lunch at Wakimachi Udatu Street or Roadside Station Ai-land Udatu

↓ 20 minutes

Teramachi, Mima

□ Mima Teramachi Guides

↓ 45 minutes

Hashikuraji Temple cable car (Ikeda, Miyoshi)  
□ Hashikuraji Temple animal mystery tour (2 hours)

↓ 15 minutes

Ikedacho (accommodation)

↓ 45 minutes

Iya-no-Kazurabashi (Vine Bridge)

↓ 20 minutes

Traditional soba-making (lunch) 1 hour

↓ 5 minutes

Higashi-Iya History and Folklore Museum

↓ 11 minutes

Ochiai Village  
□ Ochiai Village guided tour (about 1 hour)

↓ 40 minutes

Higashi-Iya (accommodation)

↓ 50 minutes

Awa-Ikeda Udatu House and Tobacco Museum

↓ 40 minutes

Tsurugi double udatu street  
□ Double udatu street guide (about 2 hours)

↓ 10 minutes

Mima IC



Canoeing

### River course

Wakimachi IC

↓ 15 minutes

Anabuki River or Sadamitsu River canyoning  
□ Trip, the River Guide of Shikoku ☎ 0883-55-3422

↓ 15 minutes

Yoshino River canoeing  
□ AMEMBO ☎ 0883-55-2150

↓ 35 minutes

Minodanofuchi Campground (accommodation)

↓ 45 minutes

Rafting  
□ Miyoshi City Tourist Information ☎ 0120-404-344

↓ 5 to 30 minutes

Oboke Gorge (lunch)

↓ 5 minutes

Oboke Gorge Pleasure boat

↓ 5 minutes

Oboke-Iya Onsen Village (accommodation)

↓ 40 minutes

Ikawa Ikeda IC

### Mountain course

Mima IC

↓ 30 minutes

Giant Tree tour (3 hours)

↓ 25 minutes

Tsurugi-no-Yado Iwado (accommodation)

↓ 40 minutes

Chair-lift Minokoshi Stn.

↓ Lift about 15 minutes

Mt. Tsurugi source tour (4 hours)

↓ Climb on foot about 40 minutes

Mt. Tsurugi-san Chozo Hutte or Mt. Ichinomori Hutte (accommodation)

↓ Descent on foot about 1 hour

Chair-lift Nishijima Stn.

↓ Lift about 15 minutes

Chair-lift Minokoshi Stn.

↓ 25 minutes

Nakoyama Kogen (grass ski)

↓ 1 hour and 20 minutes

Wakimachi IC



Giant Tree tour



Mt. Tsurugi

Travel time is by car unless otherwise noted. The times shown for travel and activities are approximate. Reservations are necessary for activities. Since activities include walking, climbing, and swimming, bring suitable clothing and equipment. Weather conditions may result in cancellation. Since the accommodation and activities shown are only examples, please explore the other options too.







# Undiscovered Japan

## Hidden for a thousand years Recommended plan

### Discover unseen Japan



Tour plans

Enquiries  
Sora no Sato

1893-1 Sarada, Ikeda, Miyoshi, Tokushima  
E-mail: sora@cn05.awaikeda.net

## Experience the slow life in a rustic mountain farmhouse

### The crossroads of Shikoku

Nishi-Awa was a key place for transport in Shikoku since ancient times. It's located in the centre of Shikoku's mountains, and people traveling from one part of Shikoku to the other all passed through. Today's roads run along the valleys of the lowlands, but there were reasons why people used to climb high into the mountains and travelled roads on the mountain tops. The valleys were rocky places that flooded often. Dangerous wild animals also lurked there. Because the hours of sunlight in the valley are short, crops cannot be grown. Consequently, settlements developed in the highlands, where people could get everything required for their livelihood.

There was no flat land anywhere on the steep mountain, so in order to make houses or roads it was necessary to build a foundation using stone first. No mortar or cement is used for these stone walls. The stones are just arranged carefully one by one, but once built they last for centuries.

### An old-fashioned sustainable farming method

People living in the highlands faced the challenge of difficult cultivation to open up the mountains since there was no flatland to raise crops. The furrows that follow the curve of the mountain prevent erosion of cultivated land and stop water from running down the slope. Farmers gather wild grasses and store them in stooks. Wild grass is an all-natural, nutrient-rich organic raw material, used as an environmentally-friendly mulch. Of course, when you produce food in this way, it will naturally taste good too.

### Day 1

Arrive at Tokushima Awaodori Airport, and take a taxi to Nishi-Awa. Head upstream along the Yoshino river and visit the indigo dyeing studio in Wakimachi. Lunch is fresh vegetables at a farm restaurant. In the afternoon, visit the Iya Valley on the Yoshino river, and stay at Oboke-Iya Onsen Village.

□ Itinerary: Tokushima Awaodori Airport --- Wakimachi indigo dyeing studio --- Fuchimyo Village Farmhouse Restaurant Fuwari --- Oboke-Iya Onsen Village



### Day 2

In Iya, cross the swaying kazurabashi, a bridge made of vines. For lunch, enjoy regional cooking of vegetables and soba made by the farmer's mother. In the afternoon, visit Nagoro Village inhabited by life-sized dolls. Stay in a thatched-roof kominka in Ochiai Village.

□ Itinerary: Oboke-Iya Onsen Village --- Iya-no-Kazurabashi (Vine Bridge) --- Higashi Iya Soba Dojo --- Nagoro Kakashi-no-Sato (Scarecrow Village) --- Ochiai thatched roof kominka stay



### Day 3

Surrounded by beautiful mountains, enjoy various activities in the deep valley of Oboke Iya. You can hike Mt. Tsurugi, try zip lining, tree trekking, rafting, or take a pleasure boat. In the afternoon, head to Takamatsu Station or Takamatsu Airport.

□ Itinerary: Ochiai Village --- Various activities --- Oboke Gorge Pleasure Boat --- Takamatsu Station or Takamatsu Airport



### PLAN 1

## Yoshinogawa Sea of Cloud taxi plan

Take a taxi early in the morning to see the fantastic sea of cloud phenomenon that occurs in the Oboke Gorge, designated a natural monument.



□ Itinerary: Oboke and Iya accommodation (6:30 to 7:00) --- Awashi or the old tollgate or Mizunashi or Mine Village or Mt. Kunimi trailhead --- Oboke Station and Oboke-Iya Onsen Village (7:30 to 8:00) \*The itinerary changes according to circumstances.

□ Period: April to November (limited time)

□ Unavailable dates: None □ Time required: 1 hour □ Category: Charter taxi

□ Number of people required: 2 to 8 people □ Price: Adults and children ¥2,750

□ Reservation: 4 business days before the departure date

□ Included: Charter taxi fare (1 person)

### PLAN 2

## Hidden for a thousand years taxi plan

A taxi plan for enjoying an unexplored area. Experience another world like Shangri-La.



□ Itinerary: Oboke and Iya --- Nakaue Viewpoint (Ochiai Village) --- Kakashi-no-Sato (Scarecrow Village) --- Oku-Iya Niju Kazurabashi (Double Vine Bridges) --- Oboke Iya (December to March double vine bridges changed to Peeing Boy Statue)

□ Period: Year-round

□ Unavailable dates: April 30 to May 8, August 12 to 16

□ Time required: 4 hours □ Category: Charter taxi

□ Number of people required: 2 minimum

□ Price per person: Adults ¥8,300, children ¥7,300

□ Reservation: 4 business days before the departure date

□ Included: Charter taxi fare

### PLAN 3

## Stroll amongst Japan's purest streams and fields on 42-degree slopes

Highland village, home of farming on steep slopes. There are unusual customs and a unique community in the village. Have a relaxing time here.



□ Itinerary: Mima IC or Sadamitsu Station --- Dogama --- Narutaki Waterfall --- Sarukai Village --- Sadamitsu Station or Mima IC

□ Period: Year-round

□ Time required: 4 hours

□ Category: Taxi

□ Capacity: 2 to 8 people

□ Price: ¥10,500 adults and children □ Reservation: 4 business days before the departure date

□ Included: Taxi fare, accident insurance, village guide

### PLAN 4

## Walk around Fuchimyo Village and lunch at Fuwari

Visit Fuchimyo, a representative village on the highland slopes of Nishi-Awa, and enjoy the village scenery with grass stooks.



□ Itinerary: Wakimachi IC or Anabuki Station --- Fuchimyo Village --- Farmhouse Restaurant Fuwari (lunch) --- Anabuki Station or Wakimachi IC

□ Period: April to November

□ Time required: 4 hours □ Category: Bus or Jumbo Taxi

□ Capacity: 2 to 8 people

□ Price: Adults and children ¥12,000

□ Reservation: 4 business days before the departure date

□ Included: Taxi fare, meal, accident insurance, village guide



# Accommodation

## Miyoshi

|   |                                 |                 |
|---|---------------------------------|-----------------|
| Hotel Iya Onsen .....                   | Matsumoto, Matsuo, Ikeda        | ☎ 0883-75-2311  |
| Iyakei Campground .....                 | Matsumoto, Matsuo, Ikeda        | ☎ 090-9553-3795 |
| Miyoshi Hyakunenkura .....              | Miyanomae, Kawasaki, Ikeda      | ☎ 0883-74-0930  |
| Kakumi-no-Hatago .....                  | Kawasaki, Ikeda                 | ☎ 0883-86-1115  |
| Haretoke Design Hostel .....            | Ori, Ikeda                      | ☎ 0883-75-2208  |
| Sudomariyado Kawakami .....             | Nakanishi, Ikeda                | ☎ 0883-74-0829  |
| Hotel Sun River Oboke .....             | Nishiu, Yamashiro               | ☎ 0883-84-2111  |
| Hotel Oboke-kyo Mannaka .....           | Nishiu, Yamashiro               | ☎ 0883-84-1216  |
| Guesthouse Boke Nouen .....             | Kamimyo, Yamashiro              | ☎ 090-1578-1611 |
| Smonkey .....                           | Shimomyo, Yamashiro             | ☎ 0883-84-1087  |
| Gakko-no-yado Aruse .....               | Aruse, Nishi-Iya                | ☎ 0883-84-1337  |
| Hotel Hikyo-no-Yu .....                 | Oinouchi, Nishi-Iya             | ☎ 0883-87-2300  |
| Hotel Kazurabashi .....                 | Zentoku, Nishi-Iya              | ☎ 0883-87-2171  |
| Iya Bijin .....                         | Zentoku, Nishi-Iya              | ☎ 0883-87-2009  |
| Kazuraya .....                          | Kanjo, Nishi-Iya                | ☎ 0883-87-2831  |
| Kazurabashi Ryokan Okura .....          | Zentoku, Nishi-Iya              | ☎ 0883-87-2038  |
| Iya Kanko Ryokan .....                  | Zentoku, Nishi-Iya              | ☎ 0883-87-2125  |
| Minshuku Toshikoso .....                | Imakubo, Nishi-Iya              | ☎ 0883-87-2842  |
| Minshuku Minami .....                   | Zentoku, Nishi-Iya              | ☎ 0883-87-2342  |
| Minshuku Iya-so .....                   | Zentoku, Nishi-Iya              | ☎ 0883-87-2242  |
| Minshuku Oyama-so .....                 | Kanjo, Nishi-Iya                | ☎ 0883-87-2133  |
| Ku-Nel-Asob .....                       | Enoki, Nishi-Iya                | ☎ 080-6282-3612 |
| Tabibito-no-yado Nakone .....           | Enoki, Nishi-Iya                | ☎ 0883-72-5557  |
| Rental House FOREST .....               | Shigesue, Nishi-Iya             | ☎ 0883-87-2367  |
| Iya Fureai Park Campground .....        | Oinouchi, Nishi-Iya             | ☎ 0883-76-8585  |
| Kazurabashi Campground .....            | Kanjo, Nishi-Iya                | ☎ 090-1571-5258 |
| YOKI Guest House .....                  | Ichii, Nishi-Iya                | ☎ 0883-86-2334  |
| Kenmi Onsen .....                       | Kurokawa, Yamashiro             | ☎ 0883-86-2982  |
| Backpackers .....                       | Shirakawa, Yamashiro            | ☎ 0883-86-3033  |
| Inomoto-beya .....                      | Busshi, Yamashiro               | ☎ 090-7786-1655 |
| Guesthouse Osakanakunchi .....          | Otsuki, Yamashiro               | ☎ 0883-86-2086  |
| Momonga Village .....                   | Nobumasa, Yamashiro             | ☎ 0883-86-2334  |
| Shiozuka Highland Campground .....      | Hirano, Yamashiro               | ☎ 0883-86-3077  |
| Nenrinan .....                          | Kamimyo, Yamashiro              | ☎ 0883-84-1629  |
| Kominka Yado Yamaya .....               | Okawamochi, Yamashiro           | ☎ 0883-86-1898  |
| Tenku Retreat Space Fujiwara .....      | Nakano, Yamashiro               | ☎ 090-7488-0313 |
| Iyashi-no-Onsenkyo Hotel Kawasemi ..... | Sugeoi, Higashi-Iya             | ☎ 0883-88-2975  |
| Maruishi Parkland .....                 | Sugeoi, Higashi-Iya             | ☎ 0883-88-2768  |
| Hotel Okuiya .....                      | Kyojo, Higashi-Iya              | ☎ 0883-88-2045  |
| Heike-so .....                          | Kyojo, Higashi-Iya              | ☎ 0883-88-2848  |
| Yoshida Ryokan .....                    | Kyojo, Higashi-Iya              | ☎ 0883-88-2843  |
| Kajiya Iya Romantei .....               | Kyojo, Higashi-Iya              | ☎ 090-5144-9277 |
| Minshuku Iya Hakkei .....               | Nakaue, Higashi-Iya             | ☎ 0883-88-2358  |
| Minshuku Matsuura .....                 | Minokoshi, Higashi-Iya          | ☎ 0883-67-5009  |
| Minshuku Heike-no-Yado .....            | Minokoshi, Higashi-Iya          | ☎ 0883-67-5296  |
| Tabi no Yado Kirinomine .....           | Sugeoi, Higashi-Iya (Minokoshi) | ☎ 0883-67-5211  |
| Unkai-so .....                          | Top of Mt. Tsurugi, Higashi-Iya | ☎ 088-622-0633  |
| Tsurugi-san Chojo Hutte .....           | Top of Mt. Tsurugi, Higashi-Iya | ☎ 088-623-4533  |
| Tsurugi-Jiniya Minshuku .....           | Minokoshi, Higashi-Iya          | ☎ 0883-67-5017  |
| Tougenkyo-Iya .....                     | Ochiai, Higashi-Iya             | ☎ 0883-88-2540  |
| Minshuku Umemoto .....                  | Ochiai, Higashi-Iya             | ☎ 090-5271-4015 |
| Ryugugake Cottage .....                 | Tsurui, Higashi-Iya             | ☎ 080-2981-6221 |

## Miyoshi

|   |                         |                 |
|---|-------------------------|-----------------|
| Chiori Trust .....                        | Tsurui, Higashi-Iya     | ☎ 0883-88-5290  |
| Oku-Iya Niju Kazurabashi Campground ..... | Sugeoi, Higashi-Iya     | ☎ 0883-88-2640  |
| Enpukuji Temple .....                     | Sugeoi, Higashi-Iya     | ☎ 0883-67-5276  |
| Awanosho .....                            | Hakuchi, Ikeda          | ☎ 0120-018-081  |
| Business Hotel Awa-Ikeda .....            | Ueno, Ikeda             | ☎ 0883-72-1010  |
| Business Hotel Yamashiro .....            | Machi, Ikeda            | ☎ 0883-72-0277  |
| Fukuya Ryokan .....                       | Machi, Ikeda            | ☎ 0883-72-0868  |
| Sushiroku Ryokan .....                    | Machi, Ikeda            | ☎ 0883-72-7422  |
| Marufuku Ryokan .....                     | Machi, Ikeda            | ☎ 0883-72-0027  |
| Hakuchi Onsen Konishi Ryokan .....        | Hakuchi, Ikeda          | ☎ 0883-74-0311  |
| Daikokuya Ryokan .....                    | Shima, Ikeda            | ☎ 0883-72-0587  |
| Takaoka Ryokan .....                      | Shima, Ikeda            | ☎ 0883-72-1041  |
| Hakuchi-so .....                          | Hakuchi, Ikeda          | ☎ 0883-74-0487  |
| Minshuku Okada .....                      | Sano, Ikeda             | ☎ 0883-74-1001  |
| Awa Ikeda Youth Hostel .....              | Nishiyama, Ikeda        | ☎ 0883-72-5277  |
| Minshuku Tabibito-Yado .....              | Hakuchi, Ikeda          | ☎ 0883-76-4727  |
| COCO-CROSS Hostel .....                   | Sarada, Ikeda           | ☎ 0883-72-0011  |
| Matsuogawa Onsen .....                    | Kurogawa, Matsuo, Ikeda | ☎ 0883-75-2322  |
| Hotel Eleven .....                        | Sarada, Ikeda           | ☎ 0883-72-8115  |
| Isamuro Ryokan .....                      | Tsuji, Ikawa            | ☎ 0883-78-2051  |
| Ikawa Finland Cottage .....               | Hirayama, Ikawa         | ☎ 0883-78-3003  |
| Guesthouse UEDA .....                     | Nishiikawa, Ikawa       | ☎ 0883-78-2227  |
| Kenko-to-Fureai-no Mori Cottage .....     | Shibou, Mino            | ☎ 0883-77-4320  |
| Nashikubo-no-Ie .....                     | Tachinoyama, Mino       | ☎ 090-9775-2899 |

## Mima

|  |   |                 |
|--|---|-----------------|
| Business Hotel Inadaen .....   | Haibara, Wakimachi                              | ☎ 0883-52-3333  |
| Udatsu No Engawa Zeniya .....  | Wakimachi, Wakimachi                            | ☎ 0883-52-8655  |
| Nodokeya Guest House .....   | Wakimachi, Wakimachi                            | ☎ 080-6286-8101 |
| Kappo Ryokan Taoka .....   | Wakimachi, Wakimachi                            | ☎ 0883-53-5919  |
| Business Hotel Matsuka .....   | Tatejinchishimominami, Oaza Inoshiri, Wakimachi | ☎ 0883-52-1555  |
| Waki Plaza Hotel .....   | Haibara, Wakimachi                              | ☎ 0883-53-1126  |
| Mimuragaoka .....  | Higashiotani, Wakimachi                         | ☎ 0883-52-5650  |
| Shikoku-Saburo No Sato .....   | Sakaime, Mima-shi                               | ☎ 0883-55-2002  |
| Aburaya Mimakan .....  | Ichinoshimoto, Anabuki, Anabukicho              | ☎ 0883-53-7733  |
| Yamanto No Sato, a Shigekiyokita Exchange Promotion Simple Accommodations Facility ..... | Sarugauchi, Mimacho                             | ☎ 0883-63-3260  |
| Blue Villa Anabuki, Cottage Seiryu No Sato .....   | Maruyama, Kuchiyama, Anabukicho                 | ☎ 0883-55-3777  |
| Ichinomori Hutte .....   | Kawakamikake, Koyadaira                         | ☎ 0883-53-5911  |
| Tsurugisan Chojo Hutte .....   | Kawakamikake, Koyadaira                         | ☎ 088-622-0633  |
| Tsuruginoyu Ozakura .....  | Kawai, Koyadaira                                | ☎ 0883-68-2424  |
| Nakoyama Kogen Heiseiso, Cottage Campground .....  | Taigokake, Koyadaira                            | ☎ 0883-68-3422  |

## Higashi Miyoshi

|  |                       |                |
|--|-----------------------|----------------|
| Minoda-no-fuchi Campground .....                             | Ashiro                | ☎ 0883-87-8899 |
| Family Lodge Hatagoya, Yoshinogawa service area branch ..... | Ashiro                | ☎ 0883-88-8500 |
| Iyashi-no-sato Masukawa Shogakko .....                       | Masukawa, Higashiyama | ☎ 0883-79-5582 |
| Business Hotel WARAGURO .....                                | Nakasho               | ☎ 0883-82-4545 |

## Tsurugi

|  |                      |                 |
|--|----------------------|-----------------|
| Business Hotel Fuji .....                  | Aza-Machi, Sadamitsu | ☎ 0883-62-2336  |
| Guest house in the Clouds, Yasoshiki ..... | Hisayabu, Ichii      | ☎ 090-7871-5300 |
| La-foret Tsurugi San .....                 | Tsuzuro, Ichii       | ☎ 0883-67-5555  |
| Tsurugi-no-Yado Iwado .....                | Akamatsu, Ichii      | ☎ 0883-67-2826  |