

Let's have some fun experiences in Shimogo!



しもごうで体験して



Futamata-yama
Higashi-dake Nishi-dake

Name and altitude of each mountain you can see from Shimogo-machi (Shown on pages 21-22)

Kamafusa-yama
Shita-dake Ue-dake

Nagurasawa Takakura-yama

Nasu Asahi-dake
Asahi-dake Sanbonyari-ga-take
Kashi-yama Sudachi-yama Enkyogura
Chausu-dake Nagareishi-yama
Okura-yama Mikura-yama

The mountains and the surrounding area, seen from the Shimogo Town Hall. The north side of the Nasu Mountain Range can be seen.

Kashi-toge Mountain Pass

O-toge Mountain Pass

Let's Be Creative!

- 1 Kokeshi Doll Painting Experience with Suma P3
- 2 Woodworking Workshop with Hajime P3
- 3 Pottery Workshop with Toshiko P4
- 4 Hand-Formed Ceramics with Sano P4
- 5 Eco Craft Making with Chikako P5

Let's Make and Eat!

- 1 Bread Making with Chikako P5
- 2 Soba-Making Experience at Play School Yamazakura P6
- 3 Manju-Making Experience with Mitsuko and Misa P7
- 4 Soba Making at Ouchi-juku Shoku-no-yakata P7
- 5 Masai's Butter-Making Workshop P8
- 6 Cheese-Making Experience with Masai P8
- 7 Outdoor Cooking Youson-koen Park P9
- 8 Barbecue at Gyoen-okura P10

Let's Play!

- 1 Playing in River and Outdoor Recreation P6
- 2 Farm Animal Experience with Masai P8
- 3 Catching Trout by Hand in Youson-koen Park P9
- 4 Trout Fishing Experience in Youson-koen Park P9

Let Do!

- 1 Mini Golf at Gyoen-okura P10
- 2 Reserve Hachimam Sporting Ground P10
- 3 Flying Disc Experience with Toka-san P11
- 4 Yoshio's Pickled Fruits P11
- 5 Wadaiko Experience with Okawa Keiryu Hozon-kai P12
- 6 Masahiko's Sarugakudai Snowshoe Walk P12
- 7 Short Railway-Ride Experience on the Aizu Railway P14

Let's Learn!

- 1 Hydro-Electric Power Plant Observation Tour P13
- 2 Pickling Factory Observation Tour P14

Let's Walk!

- 1 The Million-Years' Walk with Guides P15
- 2 Shimotsuke-kaido Road Walking with Guides P16
- 3 Narahara Walk with Guides P16
- 4 Nakayama Fuketsu · Kannon-numa · Ouchi-juku with Guides P16

Let's Join!

- 1 Nakayama Village Supporter and Mushroom Grower P17
- 2 Private Terraced Rice Field in Ashinohara P18

大内宿



Ouchi-juku



Flower Calendar / Seasonal

Flower Seasons, Introduction to Events

P18 P20

Let's Stay!

Let's Stay in Shimogo!

P21

How to get to Shimogo

By Car

- 36 km from Banetsu Expressway Aizu Wakamatsu IC (about 50 minutes)
- 52 km from Tohoku Expressway Shirakawa IC (about 50 minutes)

By Public Transportation

- From JR Aizu Wakamatsu Station bound for Shinjuku or Asakusa (about 50 minutes)
Get off at Aizu Shimogo Station (Aizu Railway)
- From Tobu Asakusa Station bound for Aizu Wakamatsu (about 3 hours)
Get off at Aizu Shimogo Station (Tobu Railway & Aizu Railway)

塔のへっぽく

観音沼森林公園



"Let's Be Creative!"

Kokeshi Doll Painting Experience with Suma



Starting with a sweet wooden kokeshi model, use your paint brush in any way you like to create a one-of-a-kind original. Everyone, both children and adults, can enjoy this activity together.

Location : Hetsuri Koubou へつり工房
 Address : 5322 Shitabayashi Yagoshima Shimogo
 下郷町弥五島下夕林 5322
 Contact : Tel 0241-67-4062

When : Year-round
 Number of participants : 1 or more
 Time : 30 minutes
 Fee : 400 yen per person
 Note: During the winter (December through March), there will be an extra fee of 50 yen for heating.
 Reservations : Call one week in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays



Woodworking Workshop with Hajime

"Let's Be Creative!"

Unusual even for Japan, the workshop has a woodworking lathe powered by a water wheel. You can create your own original wooden bowl.



When : Year-round
 Number of participants : 1 or more
 Time : One day
 Fee : 1500 yen per person
 Note: The first time only, an extra cost of 500 yen is required for materials.
 Reservations : Call one week in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : Wednesdays

Location : Toaka-suisya-shiki-kiji Koubou
 戸赤水車式木地工房
 Address : 856 Takenoko-shita Toaka Shimogo
 下郷町戸赤竹ノ子下 856
 Contact : Tel 0241-67-4399 (Studio) 0241-67-3290 (Home)



Pottery Workshop

"Let's Be Creative!"

with Toshiko



Make hand-thrown "Tetsujiyaki" pottery. The pottery naturally produces negative ions and far-infrared rays that are beneficial to health. Toshiko will gently guide you through each step. Beginners are welcome!

When : Year-round
 Number of participants : 1 or more
 Time : 2 hours
 Fee : 3,000 yen and up per person
 + cost of clay (1kg per person)
 Reservations : Call or fax one week in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays



Location : Taizan-gama 泰山窯
 Address : 3286-1 Michiue Yagoshima Shimogo
 下郷町弥五島道上 3286-1
 Contact : Tel 0241-67-2188 Fax 0241-67-2368

Hand-Forming Technique
 Form clay into a rope and coil it, or form it into slabs and stick them together, to make pottery.
 Even beginners can easily make pottery bowls and dishes.



Hand-Formed Ceramics

with Sano

"Let's Be Creative!"

Enjoy imagining what you'll make out of best-quality clay. Working with pottery is the best way to clear your mind. The "Tensho Soba" restaurant, in a quiet forest near the studio. You can also enjoy hand-made soba (750 yen and up).

When : Year-round
 Number of participants : 1 or more
 Time : 2 hours
 Fee : 3,000 yen and up per person
 + cost of clay (1kg per person)
 Reservations : Call or fax two weeks in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays
 Note: The fee varies depending on the amount of clay used.



Location : Tensyo-gama 天翔窯
 Address : 3020 Jyumonji Otogane Shimogo
 下郷町吾金十文字 3020
 Contact : Tel Fax 0241-67-3455



Bread Making with Chikako

Let's
Make
and Eat!



When : Year-round
 Number of participants : 1 to 10
 Time : Half a day
 Fee : 5,000 yen per person for 1 to 5 people
 2,500 yen per person for 5 to 10 people
 Reservations : Call ten days in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Make three kinds of bread from scratch. Then enjoy the taste of your freshly-made hot bread.

Voice

Chikako moved here from the city 10 years ago. Living in an old house, she enjoys the relaxed pace of life here. She also enjoys growing vegetables in her garden. Enjoy the activity while chatting with her!



Eco Craft Making with Chikako

"Let's
Be
Creative!"

作って
みっぺ



In this craft workshop, you can make crafts such as a basket made with paper strips. Enjoy making your own original creations!

When : Year-round
 Number of participants : 1 or more
 Time : Half a day
 Fee : 2,000 yen and up per person
 Reservations : Call ten days in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Location : Handicraft shop Fukurou 手作りの店 鼻
 Address : 122-1 Taira Akuto Shiraiwa Shimogo
 下郷町白岩阿久戸平 122-1
 Contact : Tel 0241-68-2611

Let's Play! Playing in the River and Outdoor Recreation at Play School Yamazakura



When : mid-July to the end of August
 Number of participants : 1 or more
 Time : 2 hours
 Fee : 1,000 yen per person
 Reservations : Call, fax, or e-mail
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : Non

Enjoy sliding down a large slab of rock into the crystal-clear water of the Toishi-gawa River! After playing your fill, you can take a bath at Play School Yamazakura.



Soba-Making Experience at Play School Yamazakura

Let's
Make
and Eat!



Experience making healthy soba in Toaka. Boil your handmade soba and eat it with tempura.



When : Year-round
 Number of participants : 1 or more
 Time : 3 hours
 Fee : 4,000 yen per person
 (making 4 portions of soba)
 Reservations : Call, fax, or e-mail
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : Non



Wild cherry trees bloom every spring in the village of Toaka. The closed Toaka Bunkou elementary school (a branch of Narahara Elementary School) was remodeled into lodging and now, as Play School Yamazakura, provides nature activities for children.



Location : Play School Yamazakura あそびの学校やまざくら
 Address : 380 Itozawa Toaka Shimogo
 下郷町赤井戸沢 380
 Contact : Tel・Fax 0241-67-2020
 e-mail : info@t-yamazakura.com
 Web site : http://www.t-yamazakura.com



Manju-Making Experience with Mitsuko and Misa

Let's
Make
and Eat!



When : Year-round
Number of participants : 1 or more
Time : 1 hour half
Fee : 1,500 yen and up per person
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays

Kuramura Manju, a long-established sweets shop, has been making manju from flour dough and sweet red-bean jam since the Edo Period. Once you've formed your manju into round cakes, you'll get to steam them in a seiro basket and then wrap up the piping-hot sweets one by one, so you can take them home as delicious souvenirs.

Location : Sasaya Minakawa Seika 笹屋皆川製菓
Address : 3340-1 Michiue Yagoshima Shimogo
下郷町弥五島道上 3340-1
Contact : Tel 0241-67-2648 Fax 0241-67-4414

Soba-making at Ouchi-juku Shoku-no-yakata

Let's
Make
and Eat!

This beautiful wooden building was specially designed to provide groups of up to fifty people with the experience of making Japanese buckwheat noodles, or soba. An experienced instructor will carefully guide you through each step, so even first-timers will end up with a delicious batch of noodles. Once your soba are finished, you can boil them up and enjoy them on the spot. You can bring home your soba to cook later outside of the summer season.

When : The end of April
to the end of November
Number of participants : 4 to 50
Time : 1 hour half
Fee : 4,000 yen per person
(making 4 portions of soba)
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 4:00 p.m.
Closed : Wednesdays



Location : Ouchi-juku Shoku-no-yakata 大内宿 食の館
Address : 1053 kusurimizu Ouchi Shimogo
下郷町大内薬水 1053
Contact : Tel・Fax 0241-68-2800



Masai's Butter-Making Workshop

Let's
Make
and Eat!



This workshop starts with the fresh, rich milk produced at Kaneko Farm. Put fresh cow's milk in a simple plastic bottle and shake it up as hard as you can! After 20 or 30 minutes, you'll see golden pieces of butter starting to form. When all the pieces have come together, your work is done. Taste your yummy homemade butter right here at the farm!

When : The end of April to the end of October
Number of participants : 5 or more
(This event will not be held only for one participant.)
Time : 30 minutes
Fee : 800 yen and up per person
Reservations : Call 10 days in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays



Let's
Make
and Eat!

Make String Cheese with Masai

In this workshop, you'll be provided with cheese that has already been prepared (called levain). Use your hands to stretch out the cheese and then fold it over — stretch and fold, stretch and fold — until you're left with a big piece of homemade string cheese! Your freshly-made cheese will make a great snack and will go well with beer or wine.

When : The end of April to the end of October
Number of participants : 5 or more
(This event will not be held only for one participant.)
Time : 2 hours
Fee : 1,500 yen and up (per person)
Reservations : Call 10 days in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays



Farm Animal Experience with Masai A thrilling encounter with animals!

Take this exciting chance to spend some time with farm animals, including a baby calf; give her food while listening to her softly beating heart. Here you can also hear Masai moral discussion on the precious value and importance of all life.

When : The end of April to the end of October
Number of participants : 5 or more
(This event will not be held only for one participant.)
Time : 30 minutes
Fee : 350 yen and up per person
Reservations : Call 10 days in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays

Let's
Play!



Location : Kaneko Farm 金子牧場
Address : 178-1 Turugaike Sawada Shimogo
下郷町沢田鶴ヶ池 178-1
Contact : Tel・Fax 0241-67-4120

オしも

Let's Play!

Catching Trout by Hand at Iko-no-hiroba in Youson-koen Park

In the wilderness, use just your hands to catch rainbow trout as they swim around!
At our facility, you can fry them in salt as well as eat them.



When : The end of April to the end of November
Number of participants : 1 or more
Time : 30 minutes
Fee : 500 yen for each fish
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 4:00 p.m.
Closed : Wednesdays

Trout Fishing Experience

at Iko-no-hiroba in Youson-koen Park

Let's Play!

Enjoy fishing at the pond in the park! And then taste the rainbow trout that you caught yourself, cooked right on the spot. It will be an exceptional day where you can sink your fishing line into the water and be embraced by the greenery and fresh air of Shimogo. At our facility, you can grill your rainbow trout in salt!

When : The end of April to the end of November
Number of participants : 1 or more
Time : 30 minutes
Fee : 500 yen for each fish
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 4:00 p.m.
Closed : Wednesdays



Outdoor Cooking

at Iko-no-hiroba in Youson-koen Park

Let's Make and Eat!

Have a fun and exciting barbecue with everyone! Start a fire with charcoal and cut vegetables yourself! Choose from three different kinds of meat: pork, beef, or lamb.



When : The end of April to the end of November
Number of participants : 1 or more
Time : 1 hour half
Fee : 1500 yen (per person)
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 4:00 p.m.
Closed : Wednesdays

Location : Iko-no-hiroba in Youson-koen Park
Address : 養徳公園いこいの広場
1808-1 Sabashiri Ochiai Shimogo-machi
下郷町落合左走 1808-1
Contact : Tel 0241-67-2202 Fax 0241-67-2639

Mini-Golf

at Gyoen-okura

やって
みっぺ

Solid instruction for beginners!
Enjoy mini-golf in a spacious area!

When : The end of April to the end of November
Number of participants : 1 or more
Time : 2 hours
Fee : From 500 yen and up (per person)
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays



Barbecue

at Gyoen-okura

Enjoy barbecuing and outdoor cooking in our garden!

When : Year-round
Number of participants : 1 or more
Time : 2 hours
Fee : 1500 yen (per person)
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays



Let's Eat!



Reserve

Hachiman Sporting Ground

Let's Do It!

When : The end of April to the end of November
Number of participants : Up to 50
Time : 1 hour
Fee : 3000 yen and up
Reservations : Call or fax one week in advance.

Along the O-kawa River, work up a sweat with all your might on our vast sporting ground!
You can use the sporting ground for playing outdoors, softball, soccer, and other sports.

Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays

Location : Gyoen-okura 魚園大倉
Address : 120 Shimokawara Toyonari Shimogo
下郷町豊成下川原 120
Contact : Tel・Fax 0241-67-3407

Flying Disc Experience

Let's Fly!



with Toka-san



When : Year-round
 Number of participants : 1 or more
 Time : 2 hours
 Fee : 2000 yen and up (per person)
 (Children younger than junior high school age cannot participate without a parent or guardian.)
 Reservations : Call or fax two weeks in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Venue : <体験会場>
 Community Center 下郷町公民館
 1888 Shiohayauchi, Sawada Shimogo

Location : Takahito Watanabe 渡部貴人
 Address : 25 Takuchitadaki-Kou Sawada Shimogo
 下郷町沢田宅地続申 25
 Contact : Tel 090-5230-5804 Fax 0241-67-2786
 e-mail: info@disc-village.com

Former Japanese athlete, Takahito Watanabe ("Toka-san") will teach you all about using a flying disc from the ground up. Let's throw the flying disc together with lots of energy under the sky!
 Note:
 In case of rain or snowy weather, playing indoors is also possible.

Yoshio's Pickled Fruits



From early summer to late autumn, enjoy fruit from all seasons in a carefully-tended garden. Since large groups don't come into the orchard, you can enjoy fruit while on a leisurely stroll. They are only sold for a limited time when they are in season, so please make your inquiries!

Let's Go Fruit Picking!

Price List

Apple : 100 yen each
 Plum : 30 yen each
 Pear : 200 yen and up each
 Peach : 100 yen each

Note: Fruit you can pick will change depending on the season.



When : August to the end of November
 Number of participants : Up to 50
 Time : 1 hour
 Fee : See the Price list on the right side.

Reservations : Call or fax
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Location : Aizu-kogen-minami-nouen Farm
 会津高原みなみ農園
 Address : 1012 Tanome Otogane Shimogo
 Contact : 下郷町音金田ノ目 1012
 Mobile phone 090-2277-3101 Tel/Fax 0241-67-2864

Wadaiko Experience

with Okawa Keiryu Hozon-kai

Let's Beat!

Okawa Keiryu Taiko Hozon-kai plays an active role in events both in and outside of the town. Members of the Wadaiko Circle will happily teach you the basics of Wadaiko performance. You can take home the drumsticks as a souvenir!



When : Year-round
 Number of participants : 1 or more
 Time : 2 hours
 Fee : 7,000 yen per person
 (Includes souvenirs)
 Reservations : Call 10 days in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Venue : <体験会場>
 Town Gym 町民体育館
 1122 Wazodaira-Otsu Takashima Shimogo

Location : Okawa Keiryu Taiko Hozon-kai
 大川渓流太鼓保存会
 Address : 6091-3 Hayashinaka Toyonari Shimogo (Kawai Shinbun)
 Contact : 下郷町豊成林中 6091-3 (河合新聞)
 Tel 0241-67-2158 Fax 0241-67-2963



Masahiko's Sarugakudai Snowshoe Walk

Let's Walk!



金子牧場
 オリジナル
 アイスクリーム

When : Winter season
 (when there is snow on the ground)
 Number of participants : 1 or more
 Time : 1 to two hours
 Fee : 1,500 yen per person
 Ice cream will be served. (It is included in the price)
 Reservations : Call 10 days in advance.
 Open : 10:00 a.m. to 5:00 p.m.
 Closed : No regularly scheduled holidays

Put on snowshoes (Kanjiki) and walk over a vast snowfield. Experience the real thrill of walking on the snow without losing your footing! Sarugakudai has a vast landscape similar to that of Hokkaido, and with the Nasu Mountain Range visible behind it, the scenery looks just like a painting. You can eat ice cream made at Kaneko Farm after the experience.

Location : Masahiko Kaneko 金子政彦
 Address : 178-1 Turugaiké Sawada Shimogo
 下郷町沢田鶴ヶ池 178-1
 Contact : Tel/Fax 0241-67-4120 (Kaneko Farm)

Hydro-Electric Power Plant Observation Tour at Shimogo Power Plant

Let's Learn!



Get to know the inner workings of a power plant, details nobody sees in normal, everyday life!
The power plant is about 60 m below ground. Make a reservation to go on an observation tour of the power plant's facilities

When : April 1st to the end of November
Number of participants : 5(10) or more
[This event will not be held only for one participant.]
Time : 1 hour
Fee : Free
Reservations : See details below.
Open : 9:00 a.m. to 4:30 p.m.
Closed : Saturdays, Sundays, and holidays
May 1; the month of December

Notes : For foreigners, an interpreter needs to attend this tour for safety's sake. If no interpreter accompanies the participants, they cannot join the tour.

comment

The Okawa Dam (Ministry of Land, Infrastructure, Transport, and Tourism) in the upper stream of Ageo-gawa River System - Ageo-gawa River (D-kawa River) is the lower reservoir, and the Ouchi Dam in upper stream of the Ono-gawa River is the upper reservoir. Between the two dams, an effective drop range of about 400m is gained and a maximum electrical output of 1,000,000KW is generated through this purely pumped storage power plant.



Exhibition Hall



Underground Electric Generation Facility



Location : Electric Power Development Co.,Ltd.
電源開発 下郷発電所
Address : 847-1 Hanjyou-otsu Onumazaki Shimogo-machi
Contact : 下郷町小沼崎半丈乙 847-1
Tel: 0241-68-2221

Reservations

- You can visit the exhibition hall without a reservation. (If you come by bus, please contact them one month in advance.)
- You can also visit the underground power plant. (Be sure to contact us one month in advance.)
- Note: Due to inspections or periods of construction, there may times when both the power plant and exhibition hall are unavailable for visits.

Let's Learn!

Ouchi Dam

Okawa Dam is the upper reservoir for Shimogo Power Plant and located at the upper stream of Ouchi-juku's rivers. In spring, cherry blossom trees and dandelions bloom. In autumn, you can enjoy the colors of the leaves.



Pickling Factory Observation Tour at Kousei Co, Ltd.

Let's Learn!



工場へ♪
作業風景!

This factory manufactures Japanese pickled vegetables with mustard greens made in Shimogo. You can go on an observation tour and see the pickling process and inspect their clean workplace. You can purchase pickled vegetables, such as amazake (sweet sake), here directly.

Location : Kousei Co, Ltd 株香精
Address : 2410 Matsubayashi Otokane Shimogo-machi
下郷町吾金松林 2410
Contact : Tel 0241-67-2841 Fax 0241-67-2881

When : Year-round
Number of participants : 1 or more
Time : 15 minutes
Fee : 400 yen (per person) (Includes souvenirs)
Reservations : Call or fax one week in advance.
Open : 10:00 a.m. to 5:00 p.m.
Closed : No regularly scheduled holidays

Let's Ride!

Short Railway-Ride Experience on the Aizu Railway



Using Aizu Railway's local line, you will be able to gaze out the train windows and see the simplicity of the countryside. The picturesque trip is known as "Choi Nori." Since the time and price change depending upon the distance traveled, please make inquiries by phone. If you time it right, you can also ride the popular trolley.



When : Year-round
Number of participants : 1 or more
Time : Fluctuates between rides
Fee : Fee: Fluctuates depending on the train ride
Reservations : Group Discount (for 8 people or more)
10 days in advance.
Open : 6:00 a.m. to 10:00 p.m.
Closed : No regularly scheduled holidays

Location : Aizu Railway 会津鉄道
Address : 1-3-20 Zaimoku-cho Aizu Wakamatsu-shi
会津若松市材木町 1 丁目 3-20
Contact : Tel 0242-28-5885 Fax 0242-26-9730
Web site: <http://www.aizutetsudo.jp/>



Take a Walk

with Members of the Shimogo Tour Guide Association!



Let's Walk!

“しもごう名所めぐり”

See things that can only be seen from the point of view of those who are native to the area! You will be shown around by history guides, nature guides, and other experts in various fields.

The guides have great individuality and a wealth of knowledge they will share with you from their own lives, so you can have an enjoyable and educational walk. They will make your stroll around Ouchi-juku, Nakayama Fuketsu Wind Cave, To-no-hetsuri, and Kannon-numa Pond much more captivating.

Let's Walk!



「100万年ウォーク」

The Million Years' Walk with Guides

About 10 km

[Start] Yunokami Onsen Station → Meoto-iwa → Shiraiwa Area → To-no-hetsuri (Natural treasure) → Nakayama Fuketsu Wind Cave (Natural treasure) → Yunokami Onsen → [End]

The Million Years' Walk
Shimotsuke-Kaido Road Walking | Narahara Walk
Nakayama Fuketsu Wind Cave | Kannon-numa Pond

When : Spring to Autumn

Number of participants : 1 or more

Time : Half a day

Fee : 5,000 yen per person for up to 10 people
An additional 350 yen per person for 11 people or more

Reservations : Call or fax one week in advance.
(Weekdays only)

Open : 8:30 a.m. to 5:00 p.m.

Location : Shimogo-machi Tourist Association
下郷町観光ガイド協会
Address : Shimo-6356 Toyonari Shimogo
(Shimogo-machi Commerce and Industry Association)
Contact : 下郷町豊成字下も6356 (下郷町商工会内)
Tel 0241-67-3135 Fax 0241-67-3298

Walking with Guides

Shimotsuke-Kaido Road Walk About 13 km

[Start] Ouchi-juku → Ichirizuka → Numayama-ishidatami → Bato-kanzeonhi → Nakayama Large Keyaki → Chojyu-no-mizu (Water for Longevity) → Kuratani-Juku → Yanohara → [End] Narahara-Juku Ruins

Shimotsuke-kaido Road "500 beautiful Japanese roads you'll want to walk on!"



Let's Walk!

Walking with Guides

Narahara Walk About 6 km

[Start] Former Toyonari Bunkou (Narahara Elementary School) → Large Keyaki at Enfuku-ji Temple → View of fields and paddies & Enzou-seki → Nishikido zuka → Historical Shimotsuke-Kaido Road → Hachiman Shrine → Kaminari Shrine (view from Narahara-Juku Ruins) [End] → Kannon-dou



Let's Walk!

Walking with Guides

Nakayama Fuketsu Wind Cave

The mountainside of Nakayama at an elevation of about 800m has temperate and alpine plants. Even in midsummer, the surface temperature is about 10 degrees Celsius!



Let's Walk!

Walking with Guides

Kannon-numa Pond

In Kannon-numa Pond Forest Park, you can enjoy flowers, trees, and wild birds throughout the year. Your guides will introduce you to the natural wonders around Kannon-numa Pond.



Let's Walk!



Walking with Guides

Ouchi-juku

Ouchi-juku

When : Year-round

Number of participants : 1 or more

Time : 1 hour

Fee : 2,000 yen for up to 10 people
An additional 200 yen per person
for 11 people or more

Reservations : Call or fax one week in advance.
(Weekdays only)

Open : 8:30 a.m. to 5:00 p.m.

Your guides will show you history and highlights of Ouchi-juku, which once was a post town on the Shimotsuke-Kaido Road.

Be a Nakayama Village Supporter and Mushroom Grower!

Let's Join!



Nakayama is a mountain village abundant in nature and located about 660m above sea level. Residents and visitors have made over 2,000 snow lanterns and manage Warabi-en. It's a place where you can come in contact with nature's splendor throughout the year. In particular, you can enjoy the winter scenery such as the "Nakayama Setsugekka." Wouldn't you like to try to experience the "Nakayama Setsugekka" with the village residents and support the inoculation and harvest of Nameko Mushrooms?



Log Preparation for Mushroom Inoculation



Harvesting "Sayaiingen" for Lunch



Harvest Festival (Pizza-making)

Recruitment of Nakayama Village Supporters and Mushroom Growers

Duration: 1 Year
 Number of Groups to be Admitted: 10 groups
 (up to 3 people per group or 1 family)
 Number of Events: 5 times per year
 (see details below.)
 Fee: Adults - 5,000 yen per person
 Elementary school students and younger children - 2,500 yen
 (This includes management costs and accident insurance fees.)
 Reservations: Call, fax, or e-mail
 info@shimogo-sk.or.jp

Events

First Event : May: Mushroom Inoculation Experience
 Second Event : July: Misasagata Kouryukan Repair and Grass-Cutting
 Third Event : October: Fall Festival, Harvest Festival, Forest Event Support, and over events, Mushrooms or Vegetables Giveaway for Supporters
 Fourth Event : February: Preparation for Nakayama Yuki Geppi (lunch included)
 * See "February" on page 19 for the "Nakayama Setsu Getika."
 Fifth Event : March: The new season's Mushroom Inoculation and Log-Cutting

Location : Community-based Tourism Promotion Project Office
 下郷町着地型ツーリズム推進事業事務局
 Address : Shimo-6356 Toyonari Shimogo (Shimogo-machi Commerce and Industry Association)
 下郷町豊成字下毛6356 (下郷町商工会内)
 Contact : Tel 0241-67-3135 Fax 0241-67-3298

Private Terraced Rice Field in Ashinohara

Let's Join!



Ashinohara Village's terraced rice field (tanada) spreads over the mountains and overlook the village. It is located where tradition, history, and nature are bountiful. The Tsurunuma-gawa River's clear streams and rivers, Suganuma swamp's blooming cotton sedge, and the abundance of the 500 year-old Japanese Larches in Gorei Shrine are just a few examples of its rich natural heritage. In the nature-rich Ashinohara, you can plant rice fields and cut grass together with elderly grandpas and grandmas while experiencing enduring agricultural traditions. How about giving it a try?



May: Rice Planting



September: Rice Harvesting

Bring an attitude of, "I want to plant rice fields and harvest rice!" and "I want to help restore the terraced rice fields!" Anyone can participate in Aizu Ashinohara's Nature Village and Private Terraced Rice Field Experience. We warmly welcome first-time rice makers, families, and groups to participate! After the harvest, each group will receive one 30kg bag of "Hitomebore Brown Rice".

26th Annual Agriculture Experience (event description)

April: Terraced Rice Field Flower Planting, Potato Planting, Reclamation Work (hands-on)
 May: Rice Field Planting, Sweet Potato/Squash Seed Planting (picking edible wild plants)
 June: Restoring the Terraced Rice Fields
 July: Grass-cutting and Digging Up Potatoes (Restoration of wellness party)
 August: Vegetable Harvesting (A class on local cooking)
 September: Rice Harvesting and Digging Up Sweet Potatoes
 October: Sushi Grass-Cutting [Farewell Party (Rice giveaway)]

Ashinohara's Nature Village and Private Terraced Rice Field Recruitment

Duration: 1 Year
 Number of Groups to be Admitted: 20 groups
 (up to 5 people per group)
 Number of Events: 7 times per year
 (see details below.)
 Fee: 30,000 yen per group
 (Includes participation fee, a light lunch, and a complimentary 30kg bag of rice.)
 Reservations: Call or fax
 Note: Admission is through the beginning of April and it is also possible to join in after the event has begun.

Location : Shimogo-machi Ashinohara Promotion Office
 下郷町芦ノ原推進協議会事務局
 Address : 435 Ashinohara Shimogo-machi 下郷町芦ノ原 435
 Contact : Tel 090-8787-1128 (Igarashi) Fax 0241-69-1167

Flower Calendar

花ごよみ

歳時記

Seasonal 時記



Colorful Dumplings Tree
(Irodori-dango-no-ki)



Fog Deposit

Skunk cabbages
in Kannon-numa Pond

Cherry trees
at Yunokami Onsen Station

Dandelions in Ouchi Dam

Wild cherry trees
in Toaka

Cherry trees
in Kannon-numa Pond

Buckbeans in Kannon-numa Pond

Fresh green trees along Ono-gawa River
(Yunokami and Ouchi-juku)

Asagi radish flowers (Omatsukawa)

Rhododendrons
at Enpuku-ji Temple

Alpine plants around
Nakayama Fuketsu
(Prickly roses)

January

• Snowshoe Walk

February

- Yunokami Onsen Fire Festival
- Ouchi-juku Snow Festival
- Nakayama Setsu Gekka

March



Registered as a Japan night view heritage site in 2018

April

- Yunokami Onsen Nighttime Cherry Blossom Festival
- Toaka Wild Cherry Festival
Contact: 0241-67-3020
Toaka Yamazakura Project Office
(Toaka Motoshira Jimdyoku)

May

- Kuwatobi Dogtooth Violet Festival
- Tsubotate Festival (Narioka Daizenin Shrine)
 - Recruitment of Nakayama Village Supporters (Mushroom Inoculation)
- Toli-no-michi Hill Climb Race
- Ono-dake Climbing Season Opening Celebration
- Opening of Nakayama Warabi-en
Contact: 0241-67-3135
Community-based Tourism Promotion Project Office

June

- Nakayama Fuketsu Wind Cave Hiking
- The Million-Years' Walk
Contact: 0241-67-3135
Community-based Tourism Promotion Project Office

Flower Calendar

花ごよみ

歳時記

Seasonal 時記

- Kannon swamp azales in Kannon-numa Pond
- Hydrangeas in Kitano Shrine (Nakazuma)
- Broad dwarf day-lily in O-toge Mountain Pass



July

- Ouchi-juku Hange-matsuri (mid-summer festival)
- Mikura-yama Climbing Season Opening Celebration
- Yunokami Onsen Spring Festival
- Shimogo Furusato Festival



Sansai-kan's Ayame

August

- Ono Festival Dance Contest
- Daikannon-dou Festival



Sarugakudsi Buckwheat Field

September

- The Million-Years' Walk
Contact: 0241-67-3135
Community-based Tourism Promotion Project Office



Okawa Dam and Jiroemon-no-taki Falls

Root 289 Kashi Tunnel

Higurashi-no-taki Falls,
Kannon-numa Pond, and Ouchi-juku

Terraced Rice Field in Ashinohara

Fudo-no-taki Falls

To-no-hetsuri

Okawa Line

October

- Narahara Walk
- Omatsukawa Walk
Contact: Shimogo-machi Tourist Association



December

- Cultural Festival

November

- Narahara-juku Miakasi-no-tomoshibi (A mountain path illuminated by lanterns that leads to a shrine in the mountain)

Please contact us for more information on our events.
Shimogo-machi Commerce and Industry Association 0241-67-3135
Shimogo-machi Tourist Association 0241-69-1144



Let's Stay in Shimogo!

Wouldn't you like to spend some time in the rich nature of Shimogo?
Each accommodation will welcome you wholeheartedly.

Let's
Stay!

Yunokami Onsen

Ryokan Inns & Hotels

Okawa	0241-68-2216
Onyado Tsuruya	0241-68-2146
Shinyu	0241-68-2321
Simizuya Ryokan	0241-68-2211
Tousenkaku	0241-68-2513
Touryukan	0241-68-2888
Hotels Oshima	0241-68-2311
Hotel Osakaya	0241-68-2121
Hotel Sensintei	0241-68-2266
Yunokami Hotel	0241-68-2217

Yunokami Onsen Minsyuku (Bed and Breakfast)

Akahige	0241-68-2106	Numabukuro	0241-68-2623
Inariya	0241-68-2328	Hashimotoya	0241-68-2629
Ebisuya	0241-68-2567	Hiranoya	0241-68-2404
Ogiya	0241-68-2254	Hoshinoi	0241-68-2552
Komatsuya	0241-68-2523	Mikadoya	0241-68-2150
Shisen	0241-68-2508	Miyamotoya	0241-68-2157
Suzukiya	0241-68-2408	Yamagataya	0241-68-2410
Tatenoyu	0241-68-2648	Yujin	0241-68-2117
Nishikiya	0241-68-2413		

Ouchi-Juku Minsyuku (Bed and Breakfast)

Yamagataya	0241-68-2932
Honke Ogiya	0241-68-2945
Iseya	0241-68-2958

Shionou - Ryokan Inns

Suzukiya Ryokan	0241-67-2405
-----------------	--------------

Other accommodations

Koide	Kakinobou	0241-68-2159
Jyumonji	Pension Matsumura	0241-67-3863
Toaka	Toaka Play School Yamazakura	0241-67-2020 (Toaka Shizen Talken Asobi No Gakko)
Toaka	Yanagiya	0241-67-2931



下郷町から見える

山の名称と標高

Name and altitude of each mountain you can see from Shimogo-machi

Local Tourist Navigation App

yubisashinavi Shimogo-machi

Our simple navigation application lets you see at a glance in which direction and how far you are from Shimogo's attractions. It will guide you around many of Shimogo's highlights.



Download App

ios . AppStore
Android . Google play yubisashinavi

Shimogo Live Camera

The camera streams live video of each location in Shimogo. You can also check the weather and enjoy the changing seasons.

- Ouchi-juku
- To-no-hetsuri
- Yunokami Onsen Station
- Kannon-numa Pond
- Michi-no-eki Shimogo (Roadside Station)

QR Code



Access the live camera from your smartphone

Enjoy live video streaming on your smart phone.

<http://www.shimogo-live.jp/> (PC site)
<http://www.shimogo-live.jp/SP/> (smartphone site)



Contact Us

- ▶ If you have questions about events or activities, please contact the relevant location.
- ▶ Shimogo sightseeing information
Shimogo Tourist Information Center Tel: 0241-68-2920
- ▶ Ouchi-juku's sightseeing and parking information
Ouchi-juku Tourist Office Tel: 0241-68-3611
Ouchi-juku Tourism Association Website <http://ouchi-juku.com>
- ▶ Lodging information of Yunokami Onsen
Yunokami Tourism Association Website <http://www.yunokami.com>

Contact for tourism, events, and traffic information

Shimogo-machi Tourist Association
Tel 0241-69-1144 Fax 0241-69-1167
e-mail: kankou_01@town.shimogo.fukushima.jp Website: <http://shimogo.jp>

Inquiries or information about this Brochure

Community-based Tourism Promotion Project Committee
(Shimogo-machi Commerce and Industry Association)
Tel 0241-67-3135 Fax 0241-67-3298
e-mail: info@shimogo-sk.or.jp Website: <http://shimogo-sk.or.jp>

Futamata-yama
Higashi-dake 1604m Nishi-dake 1544m

Kamafusa-yama
Shimo-dake 1313m Kami-dake 1329m

Nagurasawa
Takakura-yama 1354m

Sanbonyari-ga-take
Sudachi-yama 1635m
Kannon-yama 1648m Asahi-dake 1640m
Kashi-yama 1648m 1640m

Nagareishi-yama
Chausu-dake 1822m Enkyogura 1819m 1906m
Okura-yama 1792m Mikura-yama 1588m

Kashi-touge Mountain Pass

O-toge Mountain Pass