

Let's have some fun experiences in Shimogo!



Futamata-yama

Higashi-dako Nishi-dako

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

Kamafusa-yama

Shita-dake Us-dake

Nagurasawa Takakura-yama Sanbonyari-ga-take

Asahi-dake Sudachi-yama Kashi-yama

Nasu Asahi-dake

Chausu-dake

Okura-yama

Mikura-yama

Nagareishi-yama

Enkyogura



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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.

Hetsuri Koubou へつり工房 Location 1

Address : 5322 Shitabayashi Yagoshima Shimogo

下郷町弥五島下夕林 5322

: 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 (Dependent through March). there will be an extra fee of 50 yearfor heating.

Reservations : Call one week in advance.

Open: 10:00 a.m. to 5:00 p.m.

Closed: No regularly scheduled holidays



Pottery Workshop

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 泰山寨

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.



Woodworking Workshop 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

with Hajime

: Tel: 0241-67-4399 (Studio) 0241-67-3290 (Home)



Hand-Formed Ceramics

with Sano



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 day (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

下郷町音金十文字 3020

Tel Fax 0241-67-3455







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

she enjoys the relaxed pace of life here. She also enjoys growing

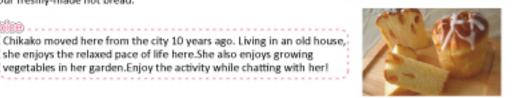
vegetables in her garden. Enjoy the activity while chatting with her!

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





Eco Craft Making with Chikako

Creative!'



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 梟

Address : 122-1 Taira Akuto Shiraiwa Shimogo

下瓣町白岩阿久戸平 122-1

Contact : Tel 0241-68-2611





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 Make and Eat!





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



When: Year-round

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

下郷町戸赤井戸沢 380

Contact : Tel • Fax 0241-67-2020 e-mail: info@t-yamazakura.com

Web site: http://www.t-yamazakura.com





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.

Sasaya Minakawa Seika - 笹屋皆川製菓 Location :

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

and Eat!

Closed: No regularly scheduled holidays

Shoku-no-yakata

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)

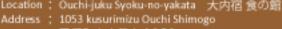
Reservations: Call or fax one week in advance.

Open: 10:00 a.m. to 4:00 p.m.

Closed: Wednesdays

Location ; Ouchi-juku Syoku-no-yakata 大内宿 食の館

下郷町大内藁水 1053 Contact : Tel • Fax 0241-68-2800





Masai's

Butter-Making Workshop and Equ

This workshop starts with the fresh, rich When : The end of April to the end of Octob 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

Number of participants: 5 or more [This event will not be held only for one participant.]

Time: 30 minutes

Fee: 800 yer 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



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

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.



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.

Let's Play!

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

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









Trout Fishing Experience

Let's Play!

at Ikoi-no-hiroba in Youson-koen Park

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

Let's





Outdoor Cooking

at Ikoi-no-hiroba in Youson-koen Park

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.

reservations : call or tax one week in advance

Open: 10:00 a.m. to 4:00 p.m.

Closed : Wednesdays

Location: Ikoi-no-hiroba in Youson-koen Park

idress :養鱒公園いこいの広場

L808-1 Sabashiri Ochiai Shimogo-machi

下擲町落合左走 1808-1

Contact : Tel 0241-67-2202 Fax 0241-67-2639



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

Reserve

Hachiman Sporting Ground



10



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 disk together with lots of energy under the sky!

Note:

In case of rain or snowy weather, playing indoors is also possible.



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.

ー Venue (体験会場) Town Gam 斯基体實施

1122 Binzudalra-Otsu Takashina Shimago,



Okawa Keiryu Taiko Hozon-kai

大川渓流太鼓保存会

Address 6091-3 Hayashinaka Toyonari Shimogo (Kawai Shinbun)

下郷町豊成林中6091-3(河合新聞) Tel 0241-67-2158 Fax 0241-67 - 2963



Picking!

When: August to the end of November

Fee: See the Price list on the right side.

Closed: No regularly scheduled holidays

Number of participants: Up to 50

Time: 1 hour

Reservations: Call or fax

Open: 10:00 a.m. to 5:00 p.m.

Toshio's Pickled Fruits

From early summer to late autumn, enjoy fruit from all seasons in a carefully-tended garden.

Yenue (体験会場)

Takahito Watanabe 渡部貴人

Address : 25 Takuchituduki-Kou Sawada Shimogo

下鄉町沢田宅地装甲 25

Contact : Tel 090-5230-5804 Fax 0241-67-2786

e-mail: info@disc-village.com

Community Center = 12=14-628-1888 Shinobayashi Sawada Shinogo

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!

Price List

Apple: 100 yen each Plum: 30 yen each

Pear: 200 yen and up each Peach: 100 yen each

Note: Freit you can pick will change





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





Walk!

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

los 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 Turugaike Sawada Shimogo

下郷町沢田鶴ヶ池 178-1 Contact : Tel/Fax 0241-67-4120 (Kaneko Farm)





Let's

Beat!

Hydro-Electric Power Plant Observation Tour

Let's



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.

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



The Okawa Dam (Ministry of Land, Infrastructure, Transport, and Tourism) in the upper stream of Agano-gawa River System - Aga-gawa River (O-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.

電源開発機下郷発電所

Address : 847-1 Hanjyou-otsu Onumazaki Shimogo-machi

Contact : 下郷町小沼崎半丈乙 847-1

Tel: 0241-68-2221

You can visit the exhibition hall without a reservation. (If you come by bus, please contact them one month in

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 Shomogo 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





Let's Learn!

at Kousei Co, Ltd.

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.

Kousei Co, Ltd 排香精

Let's

2410 Matsubayashi Otokane Shimogo-machi

下郷町音金松林 2410

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

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 inquires 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.

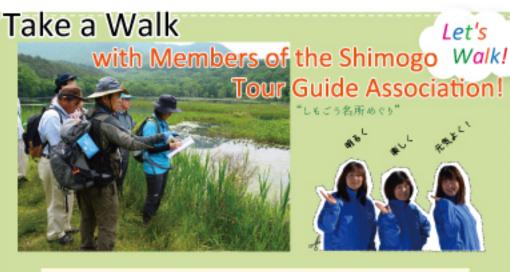


Location : Aizu Railwary 会津鉄道脒

1-3-20 Zaimoku-cho Aizu Wakamatsu-shi

金津若松市材木町 1 丁目 3-20

Tel 0242-28-5885 Fax 0242-26-9730 Web site: http://www.aizutetsudo.jp/



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,



Location : Shimogo-machi Tourist Association

下郷町観光ガイド協会

Shimo-6356 Toyonari Shimogo

Tel 0241-67-3135 Fax 0241-67-3298

Contact : 下郷町豊成字下モ6356 (下回可高エ会内)

(Shimogo-machi Commerce and Industry Association)

「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]

Shirnotsuke-Keido Roed 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 year 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.

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

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

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

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!

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.









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

Walking with Guides Ouchi-juku

Duchi-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.

Be a Nakayama Village Join! Supporter and Mushroom Grower!





Log Preparation for Mushroom Inoculation



Harvesting "Sayaingen" for Lunch



Harvest Festival (Pizza-making)

As long as Nakayama Village supporters and mushroom growers have the mindset of "I want to try to grow mushrooms!" or "I want to become good friends with Nakayama's youth!" anyone can participate. Anyone can participate in Aizu Ashinohara's Nature Village and Private Terraced Rice Field Experience.

Note: Even if you are not a supporter, you can participate in the mushroom harvest (a separate fee applies).

Second Event Third Event	July: Mushroom Inocul- July: Minanpara Kouryu October: Fall Festival, H Mushrooms or		
Fourth Event	February: Preparation for		
Fifth Dwnt	* See "Februa March: The new season"		

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akan Repair and Grass-Cutting

larvest Festival, Forest Event Support, and over events. r Vegetables Givenney for Supporters

for Nakayama Yuki Geppi (lunch Included) ary" on page 19 for the "Nakayama Setsu Gekka." 's Mushroom Inoculation and Log-Cutting

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

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

下郷町豊成字下モ6356(下郷町高工会内)



Private Terraced Rice Field

cotton sedge, and the abundance of the 500 year-old Japanese Larches in Gorei Shrine

In the nature rich Ashinohara, you can plant rice fields and cut grass together with

elderly grandpas and grandinas while experiencing enduring agricultural traditions.

"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: Terraped 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-outting and Digging Up Potatoes (Restoration of wellness party)

August: Vegetable Harvesting (A class on local cooking) September: Rice Hervesting and Digging Up Sweet Potatoes October: Susuki Grass-Cutting [Farewell Party (Rice giveaway)]

How about giving it a try?

Ashinohara's Nature Village and Private Terraced Rice Field Recruitment

September: Rice Harvesting

Let's

Duration: 1 Year

in Ashinohara

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: 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.

下郷町芦ノ原推進協議会事務局











Snowshoe Walk



- Ouchi-juku Snow Festival
- Nakayama Setsu Gekka.





ebruary



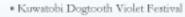




- Yunokami Onsen Nighttime Cherry Blossom Festival April
 - Toaka Wild Cherry Festival

Contact: 0041-67-2020 Toaka Yarazakura Project Office (Toaks Manskurs Sreuleycks)





- Tsubotate Festival (Narioka Daizenin Shrine)
- Recruitment of Nakayama Village Supporters (Mushroom Inoculation)
- Tola-no-michi Hill Climb Race
- Ono-dake Climbing Season Opening Celebration
 - Opening of Nakayaama Warabi-en

Community-based Tourism Promotion Project Office

Rhododendrons



May

- Nakayama Fuketsu Wind Cave Hiking The Million-Years' Walk
 - Contact: 0241-67-3138 Community-based Tourism Promotion Project Office







Hydrangea in Kitano Shrine (Nakazuma).

Broad dwarf day-lily. in O-toge Mountain Ps



🕸 Sansai-kan's Ayame

Sarugakudai Buckwheat Field Ouchi-juku Hange-matsuri (mid-summer festival)

- Mikura-yama Climbing Season Opening Celebration
- Yunokami Onsen Spring Festival
- Shimogo Furusato Festival
- Ono Festival Dance Contest
- Dakekannon-dor Festival



eptember

July

The Million-Years' Walk

Contact: 0241-67-3135 Community-based Tourism Promotion Project Office

Mitumn leaves

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-hetsuni

Okawa Line



- Narahara Walk
- Omatsukawa Walk Contact: Skirnogo-machi.



. Cultural Festival ecembe

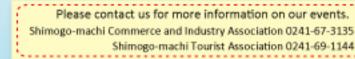


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 Narahara-juku Miakasi-no-tomoshibi (A. mountain path illuminated by lantems that leads to a shrine in the mountain)

Shimogo-machi Commerce and Industry Association 0241-67-3135







Cherry trees

Dogtooth violets in Kuwatobi

Buckbeans in Kannon-numa Pond

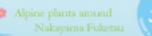
Fresh green trees along Ono-gawa River

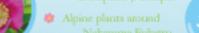
Cherry trees

Dandelions in Ouchi Dam.

Asagi radish flowers (Omatsukawa)









Let's Stay in Shimogo!

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



Sendai

Fukushima Prefecture

Aizu Wakamatsu

Tohoku Expressway

Tokyo

Ø Koriyama

	Yuno	kami	Ons	en
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Ryokan inns & Hotels		,				
	Okawa	0241-68-2216	Akahige	0241-68-2106	Numabukuro	0241-68-2623
	Onyado Tsuruya	0241-68-2146	Inariya	0241-68-2328	Hashimotoya	0241-68-2629
	Shinyu	0241-68-2321	Ebisuya	0241-68-2567	Hiranoya	0241-68-2404
	Simizuya Ryokan	0241-68-2211	Ogiya	0241-68-2254	Hoshinoi	0241-68-2552
	Tousenkaku	0241-68-2513	Komatsuya	0241-68-2523	Mikadoya	0241-68-2150
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	Hotel Osakaya	0241-68-2121	Tatenoyu	0241-68-2648	Yujin	0241-68-2117
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Niigata

West Ban-stru Railway

Shimogo

Tobu Bailway

Yunokami Onsen Minsvuku (Bed and Breakfast)

Ouchi-Juku Minsyuku (Bed and Breakfast)

0241-68-2217

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

Shionou - Ryokan Inns

Yunokami Hotel

Suzukiya Ryokan 0241-67-2405

Other accommodations

Yanagiya

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

下郷町から見える

0241-67-2931

山の名称と標高

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

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

Futamata-yama Higashi-dake Nishi-dake

Kamafusa-yama Shimo-dake Kami-dake

Nagurasawa Takakura-yama

Local Tourist Navigation App

vubisashinavi 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

🔾 指さしナビ 📞 Android . Google play yubisashinavi

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)



Enjoy live video streaming on your smart phone.

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



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

Sanbonyari-ga-take Nagareishi-yama Sudachi-vama Asahi-dake Chausu-dake Mikura-yama Kannon-yama Asahi-dake Okura-yama Enkyogura Kashi-yama 1822m 1792m 1548m 1640m 15 ipm L'Ollient O-toge Mountain Pass

Toaka