









Inquiries

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- Tsuyama City Tourist Agency, North Branch 0868-42-4402

■ Maniwa City Industry Policy Division ■ Maniwa Tourism Federation

Mimasaka City

- Mimasaka City Tourism Promotion Division 0868-72-6693 ■ Yunogo Onsen Tourism Association / 0868-72-0374 Yunogo Onsen Tourist Information Center
- Ohara General Branch Office 0868-78-3111 ■ Sakuto General Branch Office 0868-75-1111 ■ Higashi Awakura General Branch Office 0868-78-3133
- Aida General Branch Office 0868-74-3111 ■ Oharajuku Tourist Information Center 0868-75-3171

■ Shinio Village Industry and Construction Division 0867-56-2628

■ Shoo Town Industry and Construction Division 0868-38-3112

- Nagi Town Industry Promotion Division 0868-36-4114

Nishiawakura Village

■ Nishiawakura Village Industry and Tourism Division 0868-79-2111

- enan Town Industry Promotion Division 086-728-4412
- Kumenan Town Tourism Association 086-728-2829

■ Misaki Town Industry, Construction, and Tourism Division 0868-66-1118





👥 Mimasaka-no-Kuni 🖳 Tourism Federation



TEL 0868-20-1985







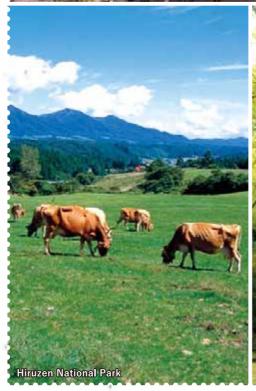




Seven stories about the four seasons

Mimasaka-no-kuni









See. Feel. Enjoy.

Satisfaction for the body and soul.

The Mimasaka-no-Kuni area offers some of Japan's most beautiful natural scenery, cityscapes steeped in history, and a wide variety of unique hot springs. With new experiences for every season, enjoy fantastic encounters and fascinating discoveries with every visit.

The following seven stories divided by season are a great Starting point for your next journey.

Mimasaka no-kuni 7

Cherry Blossom viewing and Town Tours »» p03.





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Natural and Historical Enjoyments for Autumn »» p07.



Mimasata-no-kuni 4

Hot Spring Tour and Winter Wonderland

>>> P09.



Mimasaka-no-kuni 5]

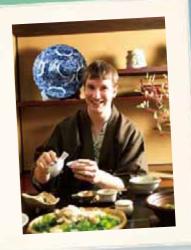
Delicious Mimasaka-no-Kuni Local Gourmet Dishes

»» p11.



Recommended Courses for Experiencing Mimasaka-no-Kuni

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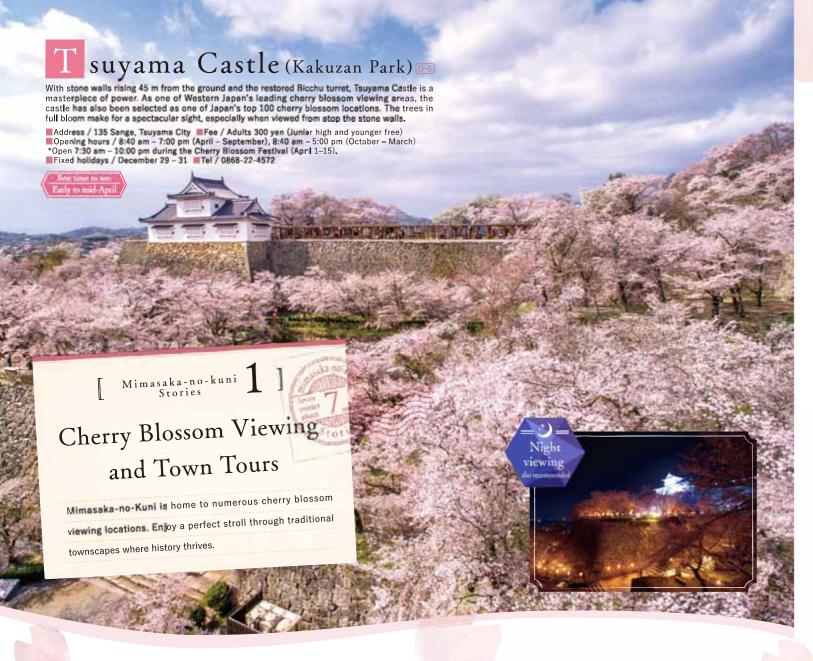


Mimasaka-ne-kuni 7

Touring Season and Events Calendar

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Miyasumi Park E-4

Mivasumi Park features some 5,000 cherry trees, with about 3,000 along the dam, making a beautiful blanket of pink blossoms wherever you look. Then, just as the last cherry blossoms begin to fade, the roughly 10,000

Address / Nishigawakami, Misaki Town Fee / Free Fixed holidays / None Tel / 0867-27-2039



Daigozakura Cherry Tree [52]

Set within an idyllic mountain village scene, the Daigozakura cherry tree has towered atop the horizon for more than 1,000 years. Nights when the tree is ir full bloom are highly recommended thanks to lights that inate the tree until 9 o'clock.

■Address / Bessho, Maniwa City ■Fee / Free ■Fixed holidays / None ■Tel / 0867-52-1111



Gaisenzakura Cherry Trees [51]

Featuring 132 cherry trees along a 400 m walkway, the Gaisenzakura cherry trees create a unique tunnel for enjoying cherry blossoms.

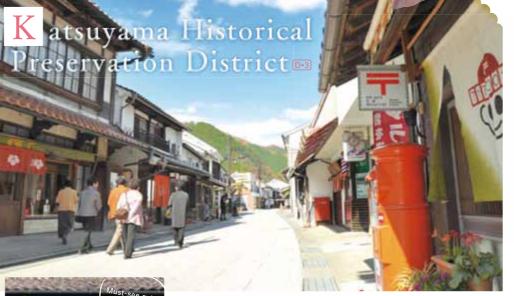
■Address / Kamimachi - Atahimachi, Shinjo Village ■Fee / Free ■Fixed holidays / None ■Tel / 0867-56-2628



Umenosato-koen Park 🔤

Umenosato-koen Park features about 2,000 red and white plum trees in 14 varieties, offering spectacular views including a plum tree tunnel along the promenade leading to the summit.

Address / Kojiro, Tsuyama City Fee / Free Fixed holidays / None Tel / 0868-32-7014





Katsuyama Historical Preservation District features numerous private residences and merchant houses that retain their traditional Japanese appearance. The colorful shop curtains known as "noren" lining the eaves offer a gentle welcome to visitors.

■Address / Katsuyama, Maniwa City ■Fee / Free ■Fixed holidays / None ■ Tel / 2667-44-2120

1 Noren Shop Curtain Tour

The noren, dyed using vegetable dyes, mark the entrance to over 100 shops and are designed to embody the characteristics and products of each establishment. Just perusing the unique shop curtains makes for an enjoyable experience.

2 Sake Tasting

Taste traditional Gozenshu sake as well as modern sake interpretations created at the hands of female master brewers at a brewery with a history spanning back more than 200 years.

Address / 116 Katsuyama, Maniwa City Fee / Free to visit with some areas requiring a fee Opening hours / 10:00 am - 5:00 pm Fixed holidays / None Tel / 0867-44-3155



A spring stroll immersed in a historical atmosphere

Developed as a commerce-centered castle town, loto embodies a tasteful townscape largely untouched by time. The town also offers more modern accommodations-including a cafe in a renovated townhouse and a free resting area-to make strolls through the district more comfortable.

MAddress / Joto District, Tsuyama City MFee / Free Fixed holidays / None Tel / 0868-22-3310









oto Important Preservation District Groups of Traditional Buildings 📼

1 Joto Mukashi Machiya 🔤

Recommended after-hours fun in Tsuyama

This traditional Joto Mukashi Machiya merchant house was founded more than 300 years ago. Even with renovations in progress, the building retains much of its original construction, offering visitors a glimpse into the past. The elegant courtyard and main building are popular spots for photographs.

MAddress / 40 Higashishinmachi, Tsuyama City Fee / Free Fixed holidays / Tuesdays (or the following day if Tuesday is a holiday) Te / 0868-22-5791

2 Former Kanda Residence [0-5]

This machiya (traditional merchant residence) is the largest of the Joto District. The strong and high-quality build of the house and the historic sake shop have earned the Former Kanda Residence status as an Important Cultural Property of Japan. The inside of the residence is not usually open to the public, but visitors can tour the outside

Address / 17 Katsumadamachi, Tsuyama City Tel / 0868-24-8413

3 Tsuyama Archives of Western Learning [D-6]

The exhibit at Tsuyama Archives of Western Learning features valuable materials of scholars who studied Western medicine in Japan. Visitors can see how Western medicine spread throughout Japan with items like a first edition of the Kaitai Shinsho medical text and replicas of the human body.

Address / 5 Nishishinmachi, Tsuyama City Fee / General 300 yen, High school and university students 200 yen (Junior high and younger free) **Opening hours / 9:00 am - 5:00 pm (Admission until 4:30 pm) Fixed holidays / Mondays (or the following day if Monday is a holiday) and New Year's Holiday Tel / 0868-23-3324

Relaxing stay at an inn? Memorable fun at a local bar?

Spend your nights how you want! When the sun sets and night falls, a different kind of charm presents itself for your enjoyment. Discover surprising

pubs and bars filled with local residents.





Hiruzen National Park

This highland area sits at about 500 to 600 m above sea level and is famous for being a quintessential Western Japan resort area. With peaceful scenery featuring grazing Jersey cows and a cycling road with minimal elevation variations, the area has become a popular



Mimasaka-no-kuni 2

Enjoying Natural Scenery and Leisure Activities

Enjoy a variety of activities immersed in rich natural

settings. Discover lasting memories in beautiful landscapes

found nowhere else!



Okayama Prefectural Forest Park (A-4)

Featuring hundreds of kinds of flowers and other flora, Okayama Prefectural Forest Park is a vast park with both natural and artificial forest areas. The wide variety of wild birds present visitors with a lively scene.

MAddress / Kamisaibara, Kagamino Town

Workshop fee: Free
Fixed holidays / Open from late April to end of November only



Hiking!

Walking!

Yurikago-no-Komichi

and the burble of the Ogawa River. (*Reservations for forest tours required.)

Workshop fee: Starting at 1,500 yen
Fixed holidays / None

Address / Tanami, Shinjo Village

Tel / 0867-56-2628

Located at the foot of Mount Kenashigasen lies the Forest Therapy Road, famous for the

prefecture's largest natural beech forest. At a

short 2 km, the Yurikago-no-Komichi forest

path provides visitors a symphony of birdsong

Forest Path B-1



Canoeing!

Lake Okutsu C-4

This manmade take is surrounded by mountains on all sides and features smooth-flowing water perfect for canoeing, even for beginners. With a promenade around the lake, visitors can enjoy the majestic scenery from both land and canoe.

W akasugi

Natural Forest

#Address / 60-8 Kouchi, Kagamino Town Workshop fee: Inquire for Information. Reservation: required at least 7 days in advance. Fixed holidays / mber - March Tel / 0868-52-2225

Buffet with various local dishes!

O haganishi-no-Tanada

Rice Terraces

"Nagi Sanroku" Mountain Stop C-7

This two-story wooden building is designed after the private homes of the Swiss Alps. Inside, visitors will find a restaurant offering a lunch bulfet with dishes made using local ingredients, as well as various hands-on agricultural learning facilities.

Address / 591-1 Koen, Nagi Town
Opening hours / 9:30 am - 6:00 pm (April
November), 10:00 am - 4:00 pm (December - March) Fixed holidays / Mondays (or the following day if Monday is a holiday) Tel / 0868-36-8080



≥ EN JOY! 生

Yokono Japanese paper-making Colorful Sum mer Experiences

Ice Cream Making!

Hiruzen Jersey Land (A-2)

Hiruzen Jersey Land is widely known for its homemade ice cream workshops using thick, rich milk from Jersey cattle grazing on the area's spacious pastures. The neighboring restaurants also offer various dishes using fresh dairy for your enjoyment. Address / 956-222 Hiruzennakafukuda, Maniwa City Workshop fee: 600 yen per person Fixed holidays / No scheduled closing days Opening hours / 10:00 am - 4:00 pm (January, February), 9:00 am - 5:00 pm (March -December) Tel / 0867-66-7011



Ueda Handmade C-5 Japanese Paper Factory

Address / 1874 Kamiyokono, Tsuyama City Workshop fee: 630 yen Paper-making / Saturdays, 10:00 am - 12:00 pm, 1:00 pm - 4:00 pm *Reservation required Tel / 0868-27-0960

**** Recommended destination near Yokono-taki Waterfall!



Momiji-tei, C-5 Yokono-taki Waterfall

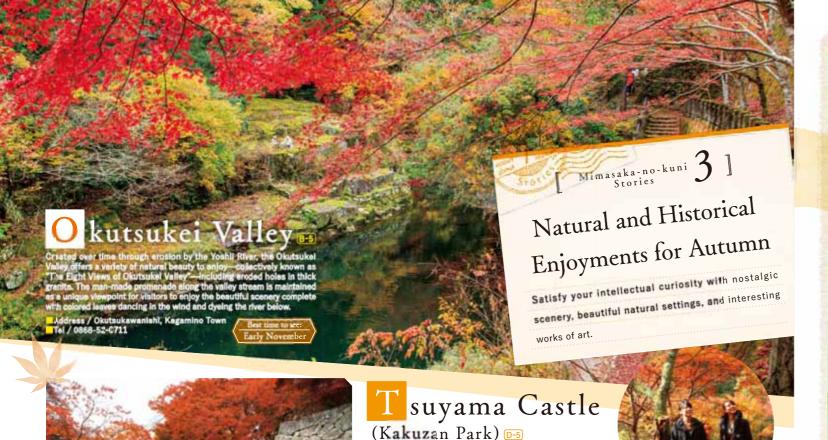
Address / 2135 Kamiyokone, Tsuyama City Workshop fee 500 yer (some name) Coening hours / 11-30 am = 4.00 pm (Saturdays, Sundays, and holidays); 11:30 am - 3:00 pm (Weekdays) *Reservation required Fixed holidays , No scheduled closing days (Closed late November to April 28 for winter) #Tel / 0868-27-2644



Yokono-taki Waterfall 6-5

With three different waterfalls—each offering s Enique experience—visitors can experience a different ew every season.

Address / Kamiyokono Tsuyama City Tel 0868-22-3310



1 Bodai-ji Temple C-7

The tasteful main hall and simple masonry of Bodai-ji Temple create a warm atmosphere. Within the temple grounds stands a giant ginkgo tree towering 45 m tall with a 12 m circumference at eye-level estimated to be more than 900 years old.

Address / 1535 Koen, Nagl Town Fee / Free Fixed holidays / None Tel / 0868-35-4114

2 Tanjo-ji Temple E-5

This venerable temple is said to have been built atop the ruins of the birthplace of the high priest Honen, founder of the Jodo sect of Buddhism. The breatntaking ginkgo tree on the temple grounds is believed to be more than 850 years old.

Address / 808 Satogata Tanjoli, Kumenan Town Fee / Free Fixed holidays / None Tel , 086-728-2102

3 Kanba-no-taki Waterfall C-2

Selected as one of Japan's top 100 waterfalls, Kanba-no-taki Waterfall is one of the largest in the Chugoku Region at 110 m tall and 20 m wide. The path along the well-maintained walkway brings visitors right alongside the falling water tumbling over the cliff. You might also meet wild Japanese macaques living in the area, if luck is smiling on you.

Address / Kanba, Maniwa City Fee / Adults 300 yen, Students 150 yen (elementary and junior high) Fixed holidays / December 29 – January 3 Opening hours / 8:30 am – 5:15 pm Tel / 0867-44-2701



The roughly 30C maple trees in the park turn a brilliant color in autumn for a beautiful contrast against the towering

stone walls of the castle. After sunset, the scenery takes on

a different kind of beauty thanks to magical illumination.







utumnal Arts



Nagi Museum of Contemporary Art C-7

The Nagi Museum of Contemporary Art was designed by globally renowned architect Arata Isozaki. The unique spatial artistry achieved through collaboration between Isozaki and the artists is truly a must-see.

Address / 441 Toyosawa, Nagi Town Fee / General/university students 700 yen, High school students 500 yen, Junior high and elementary students 300 yen Opening hours / 9:30 am - 5:00 pm (Admission until 4:30 pm) Fixed holidays / Mondays (or the following day if Monday is a holiday) Tel / 0858-35-5811



Mimasaka Sakuto Museum of Art D-8

The Mimasaka Sakuto Museum of Art includes some 140 works, including watercolor paintings by Raymond Peynet, a world-famous French painter. With love as a central theme, the works in this museum have the power to warm any visitors' heart. Address / 945 Emi, Mimasaka City Fee / General 300 yen, High school and university students 200 yen, Junior high and elementary students 150 yen. Junior high and elementary students 150 yen. Opening hours / 9:30 am - 4:30 pm (Admission until 4:00 pm). IF Fixed holidays / Mondays (or the following day if Monday is a holiday), third Sunday,



Yokosen Kabuki Theater

The Yokosen Kabuki Theater strives to introduce rural kabulia valuable traditional culture passed down from the late Edo Period-to modern times. The Yokosen Kabuki Preservation Society holds four regular performances throughout the year. Tel / 0868-36-3034



Hokubo Cosmos E-2

The renowned cosmoses of Hokubo can be found in Cosmos Square just past Hokubo IC, home to some 1 million blooming flowers, and along a 6 km stretch of Cosmos Highway along the Bicchu River.

Tel / 0866-52-2111

Exploring Historic Railroad Sites Xplore of the same



cars that can only

suyama Railroad Educational Museum 🖼





In addition to the Old Tsuyama Fan-Shaped Locomotive Depot—the second-largest fan-shaped rail garage in Japan—the Tsuyama Railroad Educational Museum features various exhibits on mcdern railroads with a focus on valuable collectible trains. This railroad museum offers fun for all ages with the ability to see, feel, and experience.

■ Address / Otani, Tsuyama City ■ Fee / Adults (high school and older) 300 yen, Junior high and elementary students 100 yen ■ Opening hours / 9:00 am – 4:00 pm (Admission until 3:30 pm) ■ Fixed holidays / Mondays (or the following day if Monday is a holiday) ■ Tel / 0868-35-3343









Model Train Museum and Vintage Toy Museum

The Model Train Museum and Vintage Toy Museum is home to a model railroad-type diorama of the ancient Japanese landscape as well as manga magazines, toys, and other items from the Showa Era.

Address / 312 Yunogo, Mimasaka City Fee) Adults (junior high and older) 400 yen, Elementa/y Students 150 yen. #Opening hours./ 9:30 am - 5:00 pm







Yanahara Fureai Mine Park E-6

Featuring an impressive collection of reproductions of mining town shops and houses, Yanahara Fureal Mine Park is popular not only for its reproductions in the museum but also those inside the mine and mining area.

Address / 394-2 Kichigahara, Misaki Town Fee / Adults (high school and older) 510 yea. Children (junior high and elementary students) 300 yen Opening hours / 9:00 am - 5:00 pm Fixed holidays / Mondays (or the following of Monday is a holiday) Tel / 0868-62-7155



ip on the first Sunday of

Mimasaka Slow Life Train



Mimasaka-Kamo Station

Nagi Station

Take a trip from JR Tsuyama Station to Chizu Station on this local line. The main stops along the way offer visitors fun local hospitality events as well as station buildings

Tel / 0868-22-3310



2 Matsu Bouki Bridge This stone and iron bridge straddles a ravine located between Mimasaka-Kawai Station and Chiwa Station, Many railroad fans some here to take pictures of the bridge and the trains passing across.

3 Mimasaka-Kawai Station With the original station building still in use. Mimasaka-Kawai Station is an important part of railway legacy thanks to its







Shimoyubara Onsen B-3

Shimoyubara Onsen has an open-air hot spring dedicated to pets (cats and dogs). Visitors are able to enjoy a hot both with their furry friends, making this one of Japan's most unique casens. After bathing, visitors can also enjoy dining and shooping in rearby facilities.

■Address / 24-1 Shimoyubara, Mani va City ■ Fixed holidays / No scheduled closing days ■ Te / 0867-62-7080



Taru Onsen © 3

Venture out on a winter adventure!

With four Inns centered around the Taru Onsen-kan Building, Taru Onsen provides visitors a taste of hot springs of days gone by.

Address / 346-1 Tsugitaru, Maniwa City
Tel / 0867-62-2966



Goroku Onsen C-3

Located in a tasteful setting, Goroku Onsen could be described as a secret mountain hot spring. The bathing area features a gentle hot spring emanating from cracks in blueish rocks.

Address / 712 Honjo, Maniwa City Fixed holidays / No scheduled closing days
Tel / 0867-62-2261

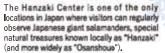


Maga Onsen ©-3

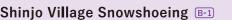
Known throughout history as a hot spring resort with a natural rock bath, Maga Onsen is located on the slopes of a mountain atop stone steps and includes both a spa and a traditional inn.

Address / 181 Nakama, Maniwa City

Hanzaki Center B-3



Address / 1530 Toyosaka, Maniwa City Fee / Free Fixed holidays / New Year's Holiday Tel / 0867-62-2011



Enjoy a snowshoe stroll through the snowy landscape of Yurikago-no-Komichi forest path with a seasoned forest guide as your companion. (Reservation is required.)

■Address / Tanami, Shinjo Village ■Fee / Fee required. ■Fixed holidays / No scheduled closing days ■Tel / 08€7-56-2628



Hanabijin-no-Sato B-5

Hanabijin-no-Sato is a day-trip hot spring facility located toward the center of Okutsu Onsen in a beautiful wooden building. The large public bath offers a whirlpool bath, an open-air hot spring, sauna, and more.

■Address / 261 Okutsukawanishi, Kagamino Town ■Fixed holidays / 2nd Thursday ■Tel / 0868-52-0788



Notoro Onsen B-4

Venture out on a winter adventure!

Sept Serly . I comment

Nestled in a mountainous area at 700 meters above sea level, Notoro Onsen is an open-air hot spring that Ireats bathers to a spectacular view. Dining facilities are also available with local gourmet dishes for your enjoyment.

Address / 2091-10 Tominishidani, Kagamino Town Fixed holidays / Mondays (or the following day if Monday is a holiday) ■Tel / 0867-57-2006



Kamisaibara Onsen (A-5)

Kamisaibara Onsen is located at the foot of the Chugoku Mountains. The rocky open-air hct spring is surrounded by trees and provides bathers with the burbling of a nearby mountain stream as its soundtrack.

■ Address / 446-1 Kamisaibara, Kagamino Town ■ Fixed holidays / None ■ Tel / 0868-44-2281



Aba Onsen B-6

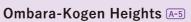
Located in a deep mountain village, Aba Onsen is surrounded by nature and lets visitors enjoy a comfortable, relaxing mcment.

■Address / 1200 Aba, Tsuyama City ■Fixed holidays / Wednesdays (or the following day if Wednesday is a holiday) Tel / 0868-46-7111



buffet of seasonal vegetable-based dishes made largely with only local produce.

Address / 463 Okutsu, Kagamino Town
Fixed holidays / Tuesdays
Tel / 0868-52-7178



The Ombara-kogen Heights ski area is a popular leisure sport destination in winter offering magnificent views and exciting slopes.

■Address / 2037 Kamisaibara, Kagamino Town ■Fee / Fee required Freed holidays / No scheduled closing days Tel / 0868-44-2808



Ashiyu (Foot Bath) E-7

In honor of the giant who features in local legends, this foot bath is shaped like an enormous foot. This foot bath is only for your feet, however, so visitors can enjoy the hot spring without naving to take off all their clothes.

■Address / 566-1 Yunogo, Mimasaka City ■Fixed holidays / None ■ Tel / 0868-72-0374



Awakura Onsen B-8

Enjoy a relaxing t me in one of seven kinds of baths, including an outdoor open-air hot spring designed with natural stones, a cold bath, and a

■ Address / 2072-6 Kageishi, Nishiawakura Village ■ Fixed holidays / 2nd Tuesday (or the following day if a holiday) ■ Tel / 0868-79-2334



Sakushu Musashi Onsen and Hotel D-7

This resort hotel is located under a forest canony with dashes of sunlight filtering through the leaves. Heal body and soul in this natural hot spring boasting a steady supply of hot water.

Address / 878 Omachi, Mimasaka City Fixed holidays / None Tel / 0868-77-1380



Resort Musashi-no-Sato Gorin-bo C-8

The resort's hot spring offers viewers a spectacular view of the Japanese garden spread out across the landscape. The resort also features a museum exhibiting arms and crafts related to Musashi Miyamoto, a famous Japanese swordsman.

■Address / 94 Miyamoto, Mimasaka City ■Fixed holidays / None ■Tel / 0868-78-4600



Valentine Park Sakuto D-8

Designed under the theme of "Love", this multi-purpose park features a 100,000-bulb illumination for visitors to enjoy from December to February

■Address / 945 Eml, Mimesaka City ■Fee / Free ■ Fixed holidays / None ■Tel / 0868-75-1111

Nishiawakura Village Kanjiki Tour 🕒

Enjoy a hike up a small snowy mountain with "kanjiki" traditional Japanese snowshoes.

Address / Dalga-naru Peak, Mt. Kcmanoo, Wakasugi Natural Forest ■Fee / Inquire for Information ■Fixed holidays / No scheduled closing days ■Tel / 0858-79-2330





Jersey Dairy Products

(Maniwa City)

Hiruzen Yakisoba (Maniwa City)

Hiruzen Yakisoba includes a hearty helping of noodles mixed with chicken and highland cabbage. This simple-yet-delicious meal earns full

Tel / 0867-66-3220



Misaki Tamagokake Gohan (Misaki Town)

Delicious flavor even uncooked thanks to

tstanding freshness!

This simple dish includes fresh eggs broken over warm rice and mixed with soy salice. The inherent flavor of each ingredient stands out for a

Mimasaka-no-kuni 5]

Delicious Mimasaka-no-Kuni

Local Gourmet Dishes

Enjoy delicious foods and sweets made with plenty of fresh,

local ingredients. From regional dishes to novel creations,

there's plenty for your taste buds to try!

Nagi Beef (Nagi Town)

■Tel / 0868-66-1123



Himeno Mochi Products (Shinjo Village)

Available at "Gaisenzakura Shinjo-shuku"



These products are made from Himeno mochi (glutinous rice), a local specialty. The surprising softness and sweet flavor make these truly unique mochi treats.

Address / 2190-1 Shinjo Village

Kagamino Country-Style Curry (Kagamino Town)

This Japanese-style curry is made with miso for a unique taste. The large size of the ingredients makes this dish a filling choice!

■Tel / 0868-52-7178



Sake

Mimasaka-no-Kuni's various Japanese sake are made with fresh stream water and high-quality rice. The area's conditions allow for brewing virtually throughout the region, giving rise to various sake with unique tastes.

Tel / 0868-23-1259







Yuzu Croquette (Kumenan Town)

These specialty croquettes are made with grated yuzu citrus zest. Perfect as a simple

Available 2nd and 4th Saturdays at "Kumenan" Roadside Station (at Sansan

Address / 1569-1 Shimonika, Kumenan Town Tel / 086-728-2081



Mountain Bento (Kagamino Town)

This vividly colorful lunch box includes boiled and marinated ("obanzal" style) wild vegetables and specialty ingredients. Every box set is overflowing with seasonal tastes.

Tel / 0868-44-2256



Tsuyama Roll (Tsuyama City, Kagamino Town, Misaki Town)

Created by skilled local Japanese patissiers, Tsuyama rolled cakes come in eight different varieties, including local ingredients such as black soybean and peach.

Tel / 0868-32-2178 (Tsuyama Mirai Industry Division), 0868-54-3721 (Patisserie WAKANA),



Kagamino Satoyama Smoothie (Kagamino Town)

Kagamino Satoyama smoothies are made with local tomatoes and honey.

Available Saturdays, Sundays, and public holidays from the cafe inside Hanabilin-no-Sato at Okutsu Onsen. (April – November) Address / 261 Okutsukawanishi, Kagamino Town Tel / 0868-54-7655



Tsuyama Horumon Udon (Tsuyama City)

These tasty sautéed udon noodles are made with fresh beef horumon (offal) and vegetables in a sweet miso sauce. The chewy texture of the horumon make this a popular dish.

■Tel / 0868-32-2082



Kaita Tea (Mimasaka City) / Tomihara Tea (Maniwa City)

The Kaita area of Mimasaka City has been a tea cultivation powerhouse since the Edo Period Kaita tea—Okayama Prefecture's ton-quality tea is widely known by tea lovers of all ages. Tomihara tea, cultivated throughout history in the Tomihara area of Maniwa City, is grown on the cold slopes of a mountain with minimal insects and pests, which means the tax plants can be grown without the need for pesticides.

Tel / Kaita Tea: 0868-72-6693 (Mimasaka City Tourism Promotion Division) Tomihara Tea: 050-3578-1038 (Tomihara Ocha Project)



Pione Grapes, and White Peaches

Earning the nickname of "Fruits Kingdom," Okayama is home to sweet, distinct fresh fruits. Fruit picking (including grapes and strawberries) is a popular activity that invites visitors to pick and eat to their hearts' content.

■Tel / 0868-74-3887 (Mimasaka Farm), 0868-38-7039 (Andou















G ame Meat Cuisine

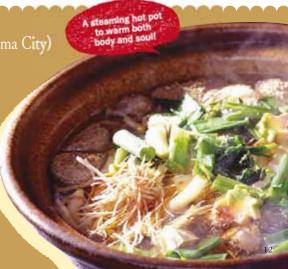
(Mimasaka City)





T suyama Wagyu Beef (Tsuyama City)

ozuri Hot Pot





Experience Japan

through all five senses.

3 days, 2 nights

JR Okayama Station



Kumenan Town





Spend time exploring the temple grounds from the main hall to the Amida-do Hall enshrining the air of the temple envelop your body and fill your soul with reverence.

For more details ▶ p.07



Yuzu Croquette

citrus fruit croquettes!

or more details ▶ p.12



Jibutei Lodging House

The Jibutei Lodging House offers visitors traditional Japanese accommodations with futon cushions alop a tatami (straw mat) floor MAddress / 37 Yamate, Kumenan Town MTel / 086-728-4412



Those in need of a quick pick-me-up snack should look no further than these delicious



Joto Important Preservation

Explore the streets with an

essence of history by first renting a kimono. Don't miss the cute,

retro design of the rest area!

For more details ▶ p-04

Tsuyama City

Yokono Handmade Japanese Paper-Making

Try your hand at making original Japanese paper using only traditional tools. Experienced paper artisans are available to help for all levels of



Yokono Japanese paper

This thin, durable paper is made from the same raw materials as Japanese currency notes.

For more details ▶ p.06

Maniwa City

across the mountainside

For more details ▶ p.06

Ohaganishi-no-Tanada

Enjoy a traditional agricultural

scene with the refined beauty

of rice terraces spreading

Rice Terraces





Katsuyama Historical Preservation District. Perusing the designs and imagining what each store has to offer is one of the best parts of walking along the thoroughfare.





















belonged to the local Gozenshu Sake Brewery for more than 200 years. Visitors to the store can sample various brands of sake here (fee required for some brands). Experience the taste of authentic Japanese sake.

Local Sake Tasting

The Tsuji Honten building has

For more details > p.04



Kanba-no-taki Waterfall

Follow the path to find yourself right alongside the roaring water tumbling over a cliff. If you're lucky, wild Japanese macaques may stop by to say hello.

For more details ▶ p.07

JR Okayama Station

Gobara lacquerware These wooden lacquerware products feature a rustic look. The flowing patterns

Maniwa City

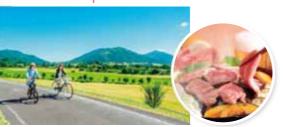
For more details ▶ p.04



Yubara Onsen

Yubara Onsen is surrounded by mountains on all sides. With its unusual location at the base of a dam, Suna-vu Rotenburo (open-air hot spring) is free for all to enjoy. Colorful bathing suits are also available, making this a popular destination for women.

For more details ▶ p.09



Enjoy Cycling and Gourmet Dishes in Hiruzen-Kogen Heights!

Enjoy a highland cycling adventure with a refreshing breeze at your back. With very few inclines, this cycling road is highly recommended for beginners. Afterwards, enjoy rich, soft serve ice cream made from Jersey milk or healthy lean jingisukan (grilled mutton) to satiate your hunger.

For more details ▶ p.05



of the wood grain are Gobara Lacquerware-Making, Gobara Lacquerware Hall

Try your hand at lacquering and painting your very own unique lacquerware. The warm texture of the lacquerware creates a beautiful, delicate design.

Address / 425 Hiruzenkamifukuda, Maniwa City



From Natural Settings to Nostalgic Townscapes

4 days, 3 nights





Misaki Town Mimasaka City



Yanahara Fureai Mine Park

Enjoy a retro atmosphere including a museum featuring a reproduction of an old mining town, and railroad stations along the discontinued Katakami Line.

For more details ≥ p.08



Mimasaka Farm

Interested in harvesting sweet fruit with superb freshness? Try your hand at fruit picking and enjoy

Okayama fruits!

The superior quality of Okayama's Muscat and Pione grapes and white peaches is well known throughout Japan.

For more details ▶ p.12



Yunogo Onsen

With a wide variety of attractions-including row upon row of inns, from sentimental Japanese-style lodges to modern hotels, as well as sightseeing spots and hot springs—this onsen town is bustling with both local customers and out-of-town visitors. Explore ukata (traditional light summer ded layer of excitement.

For more details ➤ p.10



Recommended Courses for Experiencing Mimasaka-no-Kuni

Furumachi Historical Preservation District

Centered on a honjin (former inn) standing for over 200 years, this quaint-yet-lively townscape was once a popular lodging town for

Address / Furumachi, Mimasaka City Tei / 0568-78-3111

Nagi Town

Kagamino Town



"Nagi Sanroku" Mountain Stop

Yamanoeki's shops offering local produce, processed goods, folk crafts, and more, as well as a restaurant with a tranquil buffet including dishes made with local specialty products (11:00 am - 2:00 pm), are sure to impress.

> For more details ▶ p.06, p.17 Kagamino Town



Iwai-daki Waterfall

Experience Iwal-daki Waterfall-also known as Urami-no-taki (lit. "the waterfall with an inside view")—as you stand behind the natural water cascading over the rocks above you. From this unique perspective, there's no mistaking the powerful impact of the fall's negatively charged ions.



For more details ≥ p.05



Okutsu Onsen

Okutsu Onsen is widely known for its beautifying waters. A dip in the hot, milky white waters will help vour skin become silky smooth.

For more details ▶ p.09



Lake Okutsu

Enjoy nature to the fullest aboard a canoe on a calm ake enveloped by mountains. The view from the water is exceptionall, breathtaking and vastly different from that on land.

For more details > p.05 JR Okayama Station

Notoro Onsen

The spectacular view from this outdoor bath looks out over the town and surrounding mountains for a truly open feeling. Take in this majestic sight to heal both body and soul.

For more details ▶ p.09



Tsuyama City

Overnight stay in Tsuyama City

For more details ▶ p.04



Joto Important Preservation District for Groups of Traditional Buildings

Enjoy a unique, novel atmosphere that combines tradition and a nostalgic atmosphere as you walk along the thoroughfare with remnants of poignant Japanese history, complete with a cafe and rest area. A stop at one of the pubs or cafes frequented by locals is recommended after sunset.

For more details ▶ p.04



Tsuyama Railroad **Educational Museum**

The Tsuyama Railroad Educational Museum offers a fascinating look at railway heritage, including what was once Japan's second-largest fan-shaped locomotive depot. The museum also includes various facilities for visitors to see, feel, and learn about railways, making this a popular destination for people of all ages.



Touring Season and

Experience beautiful seasonal scenery and unique events held for limited times only. With various attractions to choose from with every visit, you'll never run out of ways to make memories.



Roadside Stations and Mountain Stops



"Okutsu Onsen" **Roadside Station** <Main Specialty Products> Tea, handicrafts, Kagamino country-style curry, buffet cuisine



"Kumenan" Roadside Station <Main Specialty Products> Yuzu citrus sweets and sake Yuzu citrus-flavored croquettes, Japanese confectionery



"Awakurando" Roadside Station <Main Specialty Products> Mori-no-Unagi (broiled eel over rice, Kaiseki-style dishes), local hamburgers, local sake, woodwork



"Gaisenzakura Shinio-shuku" Roadside Station

<Main Specialty Products> Himeno confectionery, local sake



"Nagi Sanroku" Mountain Stop <Main Specialty Products> Black soybean-flavor soft serve ice cream, rice flour bread, rice flour chiffon cake



"Daigo-no-Sato" Roadside Station <Main Specialty Products> Cherry blossom sweets, Japanese confectionery, grapes



Roadside Station <Main Specialty Products> Soft serve ice cream, local sake, handicrafts



"Hiruzen-Kogen" Roadside Station(Hotel Hiruzen Hills) Jersey dairy products, local sake, Hiruzen yakisoba

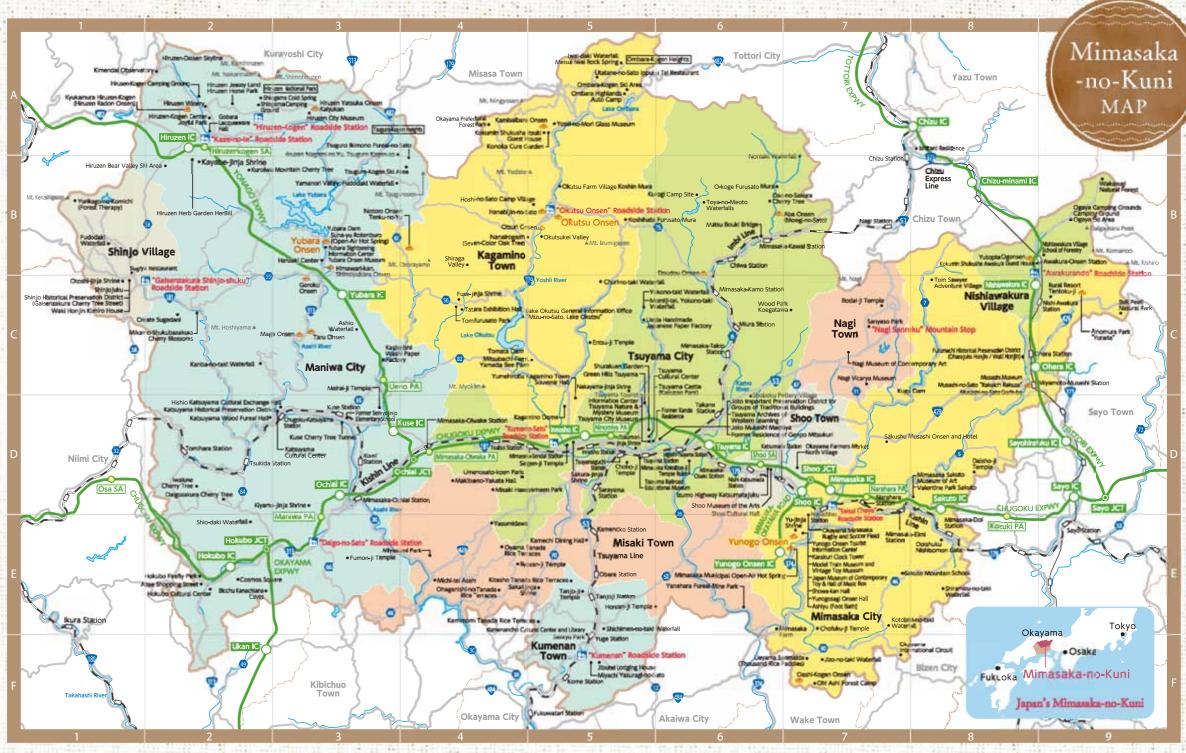


"Kume-no-Sato" Roadside Station

<Main Specialty Products> Tsuyama horumon udon, jumbo green peppers, pears, grapes, plum products



"Saisai Chaya" Roadside Station <Main Specialty Products> Black soybeans, tea, grapes,



Recommended Sights around Mimasaka-no-Kuni

Tsuyama City



Tsuyama Tourist Information Center

Address / 97-1 Sange, Tsuyama City Tel / 0868-22-3310 ■ Opening hours / 9:00 am - 6:00 pm (April - September) 9:00



Tsuyama Station Tourist Information Center

■ Address / 14-31 Yokoyama, Tsuyama City ■Tel / 0868-22-3732 ning hours / 8:30 am - 5:00 pm



Joto Tourist Information Center (Oranda-do)

Address / 5 Nishishinmachi, Tsuyama City Tel / 0868-24-6288 Opening hours / 10:00 am - 5:00 pm (October - March)

Maniwa City

Information Center Address / 420-2 Katsuyama, Maniwa City Tel / 0867-45-7111 Opening hours / 8:30 am - 4:30 pm

Maniwa Regional Tourist



Yubara Tourist Information Center

Address / 143-2 Yubara Onsen, Maniwa City Tel / 0867-62-2526 Opening hours / 10:00 am - 6:00 pm

Mimasaka City



Yunogo Onsen Tourist Information Center

Address / 323-2 Yunogo, Mimasaka City Tel / 0868-72-0374 Opening hours / 9:00 am – 6:00 pm

Tourist Information Center

Visit any of these tourist information centers for trip information such as sightseeing spots, accommodations, and dining recommendat Foreign language pamphlets are also available at

kokosil Tsuyama

Kokosil is a convenient application that can be used to search for Tsuyama City tourist information by category or keyword, from accommodations to gourmet dining. The app also offers voice guidance in foreign languages for various attractions.

Languages available:

English

· Chinese (Simplified/Traditional



http://home.tsuyama.kokosil.net/en/

From Haneda Airport ····· 1 hr 20 min

Travel times from Okayama Airport To Tsuyama City ---- 1 hr 10 min

-- 1 hr 10 min

Travel time to Okayama Airport

To Mimasaka City · 1 hr 20 min

By Plane

(by direct flight)

To Maniwa City

Travel times from Okayama Station

To Tsuyama Station ··· 1 hr 10 min To Chugoku-Katsuyama Station (via Tsuyama Station) --- 2 hr 30 min

To Hayashino Station (via Tsuyama Station) ···· 1 hr 40 min

By Shinkansen

ravel times to JR Okayama Station From Tokyo Station ----- 3 hr 9 min

Directions from Outside Okayama

Travel times from Okayama Station

To Tsuyama City ---- 1 hr 30 min To Maniwa City - 1 hr 30 min To Mimasaka Ćity -

Travel times from Okayama Station

To Tsuyama City ·· To Maniwa City -

.. 1 hr 40 min 1 hr 40 min To Mimasaka City ---. 1 hr 40 min

