



China
South Korea
Taiwan

United States

Australia

真

Encounter Maniwa amidst the Japanese landscape.

MANIWA

Maniwa, Okayama: Tourism Magazine

庭



**Industrial Policy Section,
Department of Industry and Tourism, City of Maniwa**

Kuse 2927-2, Maniwa City, Okayama Prefecture, 719-3292

Tel +81-(0)867-42-1033

E-mail sangyou@city.maniwa.lg.jp

URL <http://www.okayama-japan.jp/maniwa/>

感動

Impression

Situated in western Japan, Maniwa is an area blessed with rich natural scenery, history and culture. Maniwa flourished as an important transportation hub in ancient times, and Japanese tradition lives on today through its picturesque traditional townscape, its delicate handicrafts, and its rich culinary culture.

Maniwa is home to a great number of natural highland and riverside hot springs. People in search of rejuvenation come from all over Japan to Yubara Onsen, which is known particularly for Sunayu, a dynamic outdoor bathing spot.

Maniwa offers beautiful scenery that can be enjoyed throughout the year—cherry blossoms in spring, scenic gorges in summer, colorful leaves in fall, and snowscapes in winter.

Enjoy something different on your trip to Japan—

Maniwa, a place of history, culture, food, and diverse natural beauty.



Sunayu at Yubara Onsen

This outdoor bathing spot is located in an impressive location overlooking a dam, near the river where one can enjoy the fresh air. The baths can be enjoyed throughout the year 24/7.

日里温泉
Hot Springs

MANIWA

Panoramic vistas and rejuvenating hot springs, not to mention history and culture.

Maniwa — it's a taste of Japan that is sure to impress you.



Kanba Falls



Sunayu at Yubara Onsen



Katsuyama Historical Preservation District

Yubara Onsen Village

Anyone visiting Japan ought to stay in a ryokan (traditional inn) and find both physical and mental refreshment in the waters of a good hot spring.

An onsen village with hundreds of years of history. Visitors love the outdoor baths.

Yubara Onsen has been cherished as a place of healing since ancient times. The fifteen hot springs here, including the Sunayu outdoor bath, are all flowing artesian springs, famous for the substantial volume of water produced.

TEL +81-(0)867-62-2526
(Yubara Onsen Information Center)

Yukata Rentals

The inn where you stay will provide colored yukata robes for free, making your strolls through the onsen village more enjoyable.



Onsen Water Products

For women, we suggest a bath additive or skin care product made from pure onsen water.



Shimoyubara Onsen

This day-trip onsen is famous around Japan for its outdoor baths for pets (dogs and cats). Enjoy dining and shopping at Himawarikan next door.

Goroku Onsen

A single-inn onsen nestled between the mountains with an air of secrecy. Visitors find the atmosphere of mystery here alluring.

Taru Onsen

This onsen is cherished for its healing properties. It is said that, long ago, soldiers who lost battles would come here to recuperate from wounds.

Maga Onsen

This health spa with natural rock baths has been cherished since ancient times as an onsen of health recuperation.

Take a Stroll

Create Sugedani

This farm-village-style resort features bungalows and thatched houses — recreations of old Japanese homes — among its lodging facilities. Visitors can enjoy woodworking, pottery and other craft activities.



Daigo-sakura

This giant sakura tree is thought to be over a thousand years old. About 700 years ago, the emperor at that time praised the tree, resulting in the tree gaining its current name.



Local Cuisine

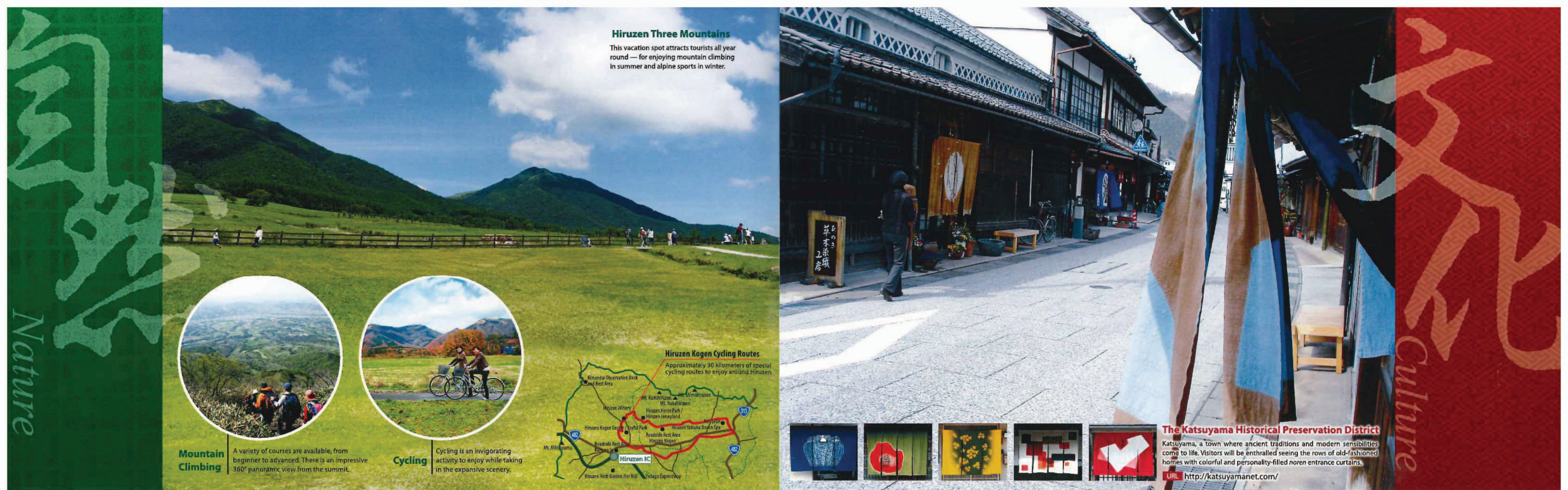


Green Soybean Products

Tofu and miso made with Kiyomidori green soybeans are sweeter than ordinary soybeans and have a distinctive, rich flavor.

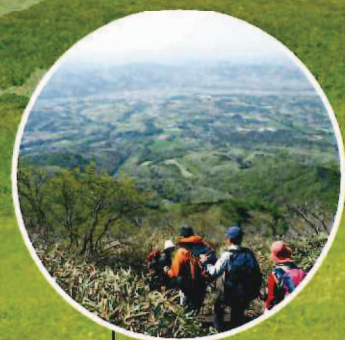
Yubara Soba Noodles

Soba, a simple noodle dish beloved by Japanese. Enjoy the aromatic soba made from local buckwheat seeds.



Hiruzen Three Mountains

This vacation spot attracts tourists all year round — for enjoying mountain climbing in summer and alpine sports in winter.



Mountain Climbing

A variety of courses are available, from beginner to advanced. There is an impressive 360° panoramic view from the summit.

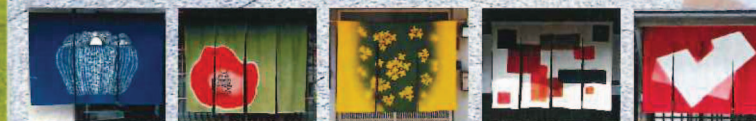


Cycling

Cycling is an invigorating activity to enjoy while taking in the expansive scenery.



Hiruzen Kogen Cycling Routes
Approximately 30 kilometers of special cycling routes to enjoy around Hiruzen.



The Katsuyama Historical Preservation District

Katsuyama, a town where ancient traditions and modern sensibilities come to life. Visitors will be enthralled seeing the rows of old-fashioned homes with colorful and personality-filled noren entrance curtains.

URL <http://katsuyamanet.com/>

Hiruzen Kogen

Enjoy recreation and dining surrounded by scenic vistas.

Visiting the Kogen region means nature activities and great eating.

The Hiruzen highland resort area is popular for its scenic beauty and mild summer climate. Visitors can enjoy a full day here, experiencing nature through mountain climbing and cycling, dining on dishes made from fresh local fish, and more.



1 Hiruzen Jerseyland

Facilities managed directly by an agricultural cooperative. Milking and feeding activities let visitors get up close with cows, and fresh dairy products like soft ice cream are popular here.

TEL +81-(0)867-66-7011

2 Hiruzen Winery

A winery that uses Crimson Glory Vine grapes from Hiruzen. The winery includes a shop with wine and fruit preserves, and a café where one can enjoy cheese together with wine.

TEL +81-(0)867-66-4424

3 Hiruzen Herb Garden Her Bill

These gardens afford a view of the Hiruzen Kogen highlands and feature about 200 varieties of herbs and seasonal flowers. Visitors can spend a leisurely time in the wreath-making classroom or restaurant.

TEL +81-(0)867-66-4533

4 Hiruzen Horse Park

Facilities where visitors are free to try their hand at horseback riding. There are about 60 horses and ponies on any given day, and advanced riders can enjoy genuine horseback riding and outdoor riding.

TEL +81-(0)867-66-5116

Katsuyama and Kuse

The traditional beauty, history and culture of Japan live on.

See up close the buildings and artisanship that life in Maniwa has produced.

The Katsuyama-Kuse region has flourished since ancient times as a post-town on the Izumo Kaido (old road), an intersection of people and culture. The people living here cultivated culture and traditional art that live on today in the old neighborhoods.



1 Hishio, the Centre for Cultural Exchange

This old soy sauce business in the Katsuyama Historical Preservation District has been renovated as a community center. It's an art exhibit and event hall with a café where visitors can enjoy freshly brewed coffee.

TEL +81-(0)867-44-5880

2 Katsuyama Woodworking Community Hall

A wood museum where fancy woods and wood products from Maniwa are displayed and available to purchase. Visitors are invited to come and enjoy woodworking activities (reservation required).

TEL +81-(0)867-44-4400

3 Old Senkyo Elementary School

This wooden schoolhouse, built in 1907, features an attractive Western design. It has been designated a national important cultural property and is famous as a location for shooting films.

TEL +81-(0)867-42-7000 (Kuse Espace)

4 Mairai-ji Temple

This temple is also known as "woodblock print temple" because of the woodblock prints, including fusuma paintings and hanging scrolls, displayed throughout the temple. All are works by the temple's chief priest, whose skills are so famous, and his works have been shown in one-man exhibits in Japan, New York, and elsewhere overseas.

TEL +81-(0)867-42-0932

Take a stroll

Kimendai Observation Deck and Rest Area

A rest area located halfway along the Hiruzen Daisen skyline, an exceptional place for viewing Mt. Daisen and the Hiruzen Kogen highlands.

River Trekking (Tsuguro)

Experience the great outdoors as you make your way through mountain waterfalls and streams. See gigantic trees hundreds of years old and a diverse array of plant life up close.

Local Cuisine



Hiruzen Yakisoba

Noodles and chicken with thick miso sauce — a home-style dish popular since ancient times.

Hiruzen Burgers

Juicy hamburgers made from pure Jersey cow beef. Quantities limited.



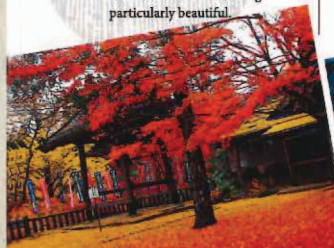
Mongolian Mutton

A famous dish made from the great combination of fresh lamb with a fruity sauce. Particularly popular among women.

Take a stroll

Kiyama-ji Temple

This ancient temple was built in the mid-ninth century. Its charms include cherry blossoms, snow, and other seasonal scenery, with the leaves in fall being particularly beautiful.



Bitchu-Kanachiana Cave

This is the oldest limestone cave in Japan known from literature. A place of natural artistry, the cave's stalactites give it an air of mystery.



Local Cuisine

Mackerel Sushi

(Reservation Required)

Ohizushi (box-pressed sushi) made with vinegar-marinated mackerel. This is a must-eat item during festivals and a local specialty of southern Maniwa.



Sake

Maniwa has been home to numerous sake breweries since ancient times thanks to its pure waters. Visitors can enjoy a variety of sake here.

Maniwa

Enjoy the season of fresh green leaves Golf Courses

A variety of challenging courses are available,
taking advantage of the area's natural scenery.



Bitchu Kogen Hokubo Country Club

Situated in the highlands at an altitude of 430 meters, this club offers a full-scale woodland golf course. The unique layout and location take advantage of the local scenery, providing enjoyment even while in transit.

TEL +81-(0)866-52-2883
URL <http://www.hokubo-cc.jp/>



Sanforest Golf Club

This club is fully equipped with a leisurely 72-par, 18-hole course that is 137 hectares in size, 6,461 yards long, and offers natural wooded areas more than 30 meters in width.

TEL +81-(0)867-44-2100
URL <http://www.sanforest.jp/>



Landmark Golf Club

Devoted to producing beauty through form and shape, this hilly 18-hole course offers a selection of walkthrough routes to suit the player's skill level.

TEL +81-(0)867-52-5150



Maniwa Country Club

This course is characterized as highly strategic with plenty of variety. The Maniwa Riverside Hotel is available for dining and lodging.

TEL +81-(0)867-42-2155
URL <http://www.maniwacc.co.jp/>



Takagawa Shin-Yubara Country Club

Visitors can enjoy a dynamic game of golf in the great outdoors on several downhill courses.

TEL +81-(0)867-62-3106
URL http://www.takagawa-g.com/sinyubara_index.html



Enjoy Our Winter Wonderland Maniwa Ski Resorts

With both short and long courses,
Maniwa can satisfy both beginners and advanced skiers.



Hiruzen Bear Valley Ski Resort

Fully equipped with nighttime facilities, this ski resort lets urban dwellers enjoy skiing at night.

TEL +81-(0)867-66-5333
URL <http://www.51.tiki.ne.jp/~bear-ski/>



Tsuguro Kogen Ski Resort

With intermediate and advanced courses with slopes as steep as 30° as well as gentle beginner and intermediate courses, this resort has something for anyone's skill level.

TEL +81-(0)867-67-2550
URL <http://www.tsuguro.jp/ski/>

Kamihiruzen Ski Resort

Offers the benefit of gentle courses on one of the Hiruzen Three Mountains. Recommended for novice skiers and families.

TEL +81-(0)867-66-2501 (Hiruzen Kogen Holiday Village)
URL <http://www.qkamura.or.jp/hiruzen/>

Maniwa

From the rich natural beauty and the people of Maniwa Specialty Products

Try out our local tastes and
traditional crafts.

Food & Drink

Hiruzen Soba

Hiruzen soba offers simple flavors that bring out the essences of the dish's ingredients.



Hiruzen Okowa

A local dish that typifies Maniwa, made with generous amounts of chicken, chestnut and burdock root.



Jersey Milk Products

A variety of products made from fresh Jersey cow milk, including yoghurt and puddings, that are characterized by their full-bodied flavor.



Hiruzen Crimson Glory Vine Products

Rare and extravagant products, such as wine and fruit preserves, made from unique Japanese Crimson Glory Vine grapes.

Red Yeast Rice Vinegar (Benizu)

Mellow vinegar made from natural spring water and local rice.



Fruit (Japanese pears and grapes)

The fruit produced locally in Maniwa and other parts of Okayama is famous across Japan.



Tea

The local water and climate produce aromatic tea leaves with rich flavor.



Ochiai Yokan

Bars of yokan (sweet bean jelly) shaped like Japanese river barges. They offer a simple sweetness and are ready to eat bite-sized.

Handicrafts

Gobara Lacquerware

Traditional lacquerware with 600 years of history, offering minimalist yet elegant designs with the texture of wood.



Gama Craftsmanship

Traditional handicrafts made from woven reeds. Nowadays, woven tote bags with modern designs are also produced.



Yubara Koma

Old-fashioned Japanese toys, colorful and beautiful.



Kashinishi Handmade Paper

Handmade Japanese paper made from the same mitsumata plant that the ten-thousand-yen bill uses.

Katsuyama Bamboo Handicrafts

These are delicately handcrafted products made from woven local bamboo.

Takata Inkstones

These inkstones have been treasured for their high quality, indicated by the inclusion of the maker's mark, for almost 500 years.



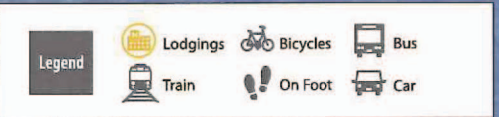
Special
product

Pleasant

Experience Maniwa to the Fullest

4 Example Tours to Choose From

Enjoy your trip to the fullest,
with beautiful seasonal landscapes and wonderful food
to satisfy both body and soul.



Nature

Let our natural scenery and hot springs rejuvenate you

The Great Outdoors

Experience full enjoyment of the expansive Hiruzen Kogen highlands

Food & Drink

Enjoy all the local tastes

By Car

Okayama Airport
About 30 min
Okayama Soja IC
About 35 min
Hokubo IC
About 15 min
A Bitchu-Kanachiana Cave
About 40 min
B Daigo-sakura (spring)
Times other than sakura blooming season:
• Kanba Falls (all year)
• The hydrangeas at Fumon-ji Temple (early summer)
• The cosmoses at Hakubo (fall)
• Fall leaves at Kiyama-ji Temple (fall)
About 75 min
Overnight at Yubara Onsen
About 60 min
C Kimendai Observation Deck and Rest Area
About 15 min
Hiruzen Kogen Holiday Village
Rent a bicycle
About 100 min
Hiruzen Kogen
About 120 min
Enjoy the taste of Hiruzen yakisoba!
Hiruzen Kogen Holiday Village
Return your bicycle, visit the radon hot springs
About 10 min
Hiruzen IC
About 25 min
Yonago IC
About 35 min
Yonago Kitaro Airport



A Bitchu-Kanachiana Cave

This limestone cave took hundreds of years to form. Breathe in the beauty of the cave's enigmatic stalactites.



B Daigo-sakura
A giant tree over a thousand years old. Many tourists come to visit the sakura tree at this famous place each year.

The ever-changing Japanese scenery, from seasonal flowers and spring greenery to fall leaves, can be enjoyed during a visit to the Japanese countryside.

About Renting Bicycles

We recommend renting bicycles as an efficient way of visiting the tourist spots in the Hiruzen Kogen area. Bicycles for children are also available.

Places that rent out bicycles

- Roadside Rest Area Hiruzen Kogen
- Hiruzen Kogen Holiday Village
- WOOD PAO
- Hiruzen Kogen Sports Park
- Hiruzen Nouen



C Kimendai Observation Deck and Rest Area
This spot is ideal for taking a break, with its view of Mt. Daisen and the Hiruzen Kogen highlands as well as its small shops.

By Car

Okayama Airport
About 30 min
Okayama Soja IC
About 45 min
Ochiai IC
About 35 min
Kanba Falls
About 35 min
Yubara IC
About 15 min
Hiruzen IC
About 15 min
A Hiruzen Herb Garden Her Bill
About 25 min
Overnight at Hiruzen Kogen
About 40 min
B Mountain Climbing at Mt. Mihirayama
About 40 min
Hiruzen Kogen
About 35 min
Enjoy the taste of Mongolian mutton!
C Kaiyukan Hiruzen Yatsuka Onsen Spa
About 30 min
Hiruzen IC
About 25 min
Yonago IC
About 35 min
Yonago Kitaro Airport



A Hiruzen Herb Garden Her Bill

Spend a leisurely time at the restaurant that overlooks fields boasting some 20,000 lavender bushes and a colorful herb garden.



B Mt. Mihirayama

Enjoy a nature walk along the road connecting some of the area's zones such as panoramic hills and a forest of birds.

About Mountain Climbing

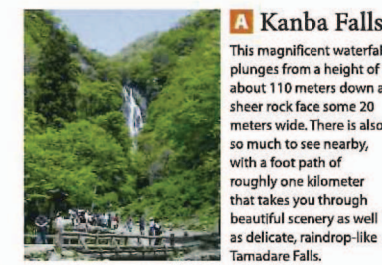
Hiruzen Kogen is surrounded by mountains about 1,000 meters in height, including the Hiruzen Three Mountains and Mt. Tsuguroyama. Even novice explorers can fully enjoy nature in safety through enjoyable activities that include trekking, hiking, and therapeutic forest walks. The mountain summit affords a panoramic vista of Hiruzen Kogen's vast grasslands — a view that refreshes the soul.

C Kaiyukan Hiruzen Yatsuka Onsen Spa

Natural radon hot springs that originate from Hiruzen Kogen. Visitors can enjoy the majestic scenery of Hiruzen Kogen highland from the outdoor baths.

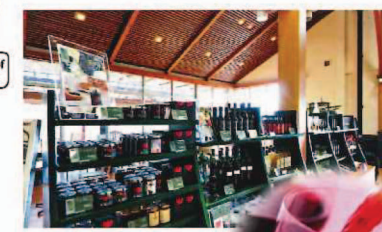
By Car

Okayama Airport
About 30 min
Okayama Soja IC
About 45 min
Ochiai IC
About 20 min
Katsuyama
Walk the Historical Preservation District.
About 15 min
Enjoy the taste of mackerel sushi!
A Kanba Falls
About 45 min
Overnight at Yubara Onsen
Enjoy Japanese banquet dishes that use green soybeans.
About 10 min
Yubara IC
About 15 min
Hiruzen IC
About 5 min
B Hiruzen Winery
Tours and Sampling
About 10 min
C Hiruzen Jerseyland
Get your fill of dairy products.
About 15 min
Hiruzen IC
About 25 min
Yonago IC
About 35 min
Yonago Kitaro Airport



A Kanba Falls

This magnificent waterfall plunges from a height of about 110 meters down a sheer rock face some 20 meters wide. There is also so much to see nearby, with a foot path of roughly one kilometer that takes you through beautiful scenery as well as delicate, raindrop-like Tamadare Falls.



B Hiruzen Winery

This winery-café opened in 2010. Visitors can enjoy wine from Crimson Glory Vine grapes and a great variety of gift items.

C Hiruzen Jerseyland

Visitors to this facility can see Jersey cows up close and enjoy soft ice cream and other dairy products made from fresh cow's milk. Popular with both children and adults.



By Public Transit

Okayama Stn (East Exit)
About 100 min
Maniwa City Hall Bus Stop
About 5 min
Old Senkyo Elementary School
About 10 min
Kuse Stn
About 5 min
Chugoku-Katsuyama Stn
About 5 min
A Katsuyama
Walk the Historical Preservation District.
Sample sake at a brewery.
About 5 min
Chugoku-Katsuyama Stn
About 35 min
Overnight at Yubara Onsen
Enjoy Japanese banquet dishes that use green soybeans.
Walking Distance
Enjoy the taste of Yubara soba!
Onsen Village Walk
• Sunayu
B Hand and Foot Baths
C Yubara Onsen Museum
About 35 min
Chugoku-Katsuyama Stn
About 110 min
Okayama Stn



A Katsuyama Historical Preservation District

Visitors can enjoy the rich and emotionally impactful neighborhood of old-fashioned merchant homes and colorful noren entrance curtains.

About Sake-Tasting

At Tsuji Honten, a sake brewer in Katsuyama, visitors may sample almost all the company's sakes. The shop also sells sweets made from sake.



B Hand and Foot Baths

Here can be found a place of healing in the midst of the Yubara Onsen village. Just immersing one's hands and feet in the onsen waters will gradually affect the whole body.



C Yubara Onsen Museum

Enjoy unique slipper table-tennis as well as folk tales and history about onsens.

Maniwa Gifts & Souvenirs

Roadside rest areas and tourist information centers carry a full line of famous Maniwa products and brands.



Hiruzen Kogen Center/Joyful Park

An amusement park, restaurant and shops are nearby. Fun for the whole family.



Roadside Rest Area Kaze no Ie

Visitors can enjoy the taste of original ramen noodles and light meals made using local ingredients.



Shimoyubara Onsen Himawariken

Visitors can experience soba-making activities in addition to eating and shopping for local specialties.



Katsuyama Woodworking Community Hall

Sells woodworking products and Katsuyama area specialty products as well as holding wood-related exhibits.



Roadside Rest Area Daigo no Sato

A store selling fresh vegetables and Daigo-sakura merchandise. Includes a restaurant where visitors can enjoy seasonal dishes.



Cosmos no Sato Community Center for Local Specialty Products

Local Hokubo handicrafts and vegetables are sold here at reasonable prices.

Maniwa

Area Map

Spring

Summer

Autumn

Winter

Expressway Map

To Kuse IC
Chugoku-Suita IC — About 180 km
Sakaide IC — About 110 km
Hiroshima IC — About 200 km
Fukuoka IC — About 450 km
Yonago IC — About 65 km



Visit Picturesque Scenery and World Heritage Sites from Maniwa

Maniwa offers easy access to western Japan's best tourist sites.



World Heritage Site
Miyajima / Itsukushima Shrine (Hiroshima Prefecture)
A shrine with a torii gate and shrine hall that are surrounded by water at high tide. Here, one can see the quintessence of Japan's traditional beauty and harmony with nature.
● About 2 hr 30 min by car from Hokubo IC, and about 10 min by ferry



World Heritage Site
Mt. Daisen (Tottori Prefecture)
A majestic mountain range with the highest peaks in the Chugoku region. The beautiful scenery changes season by season.
● About 30 min by car from Hiruzen IC



World Heritage Site
Atomic Bomb Dome / Peace Memorial Park (Hiroshima Prefecture)
A domed structure, registered as a World Heritage Site, that recounts the tragedy of the atomic bomb, and a park built near ground zero.
● About 2 hr by car from Hokubo IC



World Heritage Site
Iwami Ginzan Silver Mine (Shimane Prefecture)
A silver mine uniquely known in Europe in the sixteenth century as a Japanese silver mine.
● About 2 hr 30 min by car from Hiruzen IC



World Heritage Site
Himeji Castle (Hyogo Prefecture)
A beautiful white castle also known as "Snowy Heron Castle." It has a beautiful donjon and complicated structure, and it is an invaluable treasure that expresses the height of Japanese wood architecture techniques.
● About 1 hr 30 min by car from Kuse IC



Izumo-taisha (Shimane Prefecture)
A shrine with deep roots in Japanese mythology. Known as a shrine for matchmaking, this famous spot is visited by many people from across Japan.
● About 1 hr 40 min by car from Hiruzen IC



Route Map for Western Japan



Directions to Maniwa from various airports

Okayama Airport to Kuse IC: 1 hr by car	Kansai Int'l Airport to Kuse IC: 3 hr by car
Yonago Kitaro Airport to Hiruzen IC: 1 hr by car	Fukuoka Airport to Kuse IC: 5 hr by car

*Times given are approximate. *Does not include transfer times.