



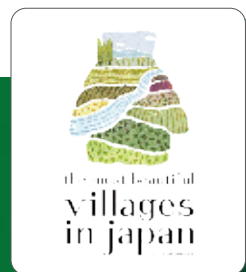
We can't wait to see you
A natural, relaxing, colorful town

上 勝

K A M I K A T S U

Days of operation and other details are
subject to change due to COVID-19.
Please check in advance before visiting.

Sightseeing guidebook



A member of "The
Most Beautiful Villages
in Japan" association

What kind of town is Kamikatsu?

Kamikatsu is surrounded by the abundant blessings of nature, including the terraced rice fields of Kashihara, numbered among the 100 most beautiful rice fields in Japan, the thousand-year woods of Mt. Takamaru, and Mt. Yamainu—archetypal sights of Japan. The town is proud of its seniors, male and female, who continue to live energetic lives in the community, including its elderly women famous for their work in the leaf business.



Maximum elevation: Mt. Takamaru, **1,439 m** above sea level



Area: **109.63 km²**, of which **88%** consists of mountains and forests



The zone **100–700 m** in elevation is dotted with **55** settlements, both large and small



With a population of about **1,500** people, it is the smallest town in Shikoku



Tsukigatani Hot Spring
Village campground
Pangaea field/Irodori Bridge

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Sights

Dining

Shopping

Stay

Experiences

Kamikatsu's initiatives

Leaf business (selling colorful leaves)

Creating opportunities and places to go for seniors and women in the community



Its colorful leaves are one of the town's distinctive industries, sold as accents for meals under the Irodori brand. Participants harvest, ship, and sell seasonal leaves, flowers, and edible wild plants. This business model, which enables seniors to work with vitality using computers, is attracting attention from across Japan.

Zero Waste Declaration

Items that are just waste when mixed together can be resources if segregated



45 waste-segregation categories

The zero-waste vision aims for a society that does not generate waste, instead of one that seeks ways to dispose of it. Having resolved to achieve zero wastes, the town uses local resources to create systems and educate people not to generate waste.

Biomass business

Creating a town based on a sound cycle of using woods and forests effectively



Wood chips

Seeing environmental preservation as a keywords, the town strives proactively to use and raise awareness of unused energy sources such as biomass. The town's quasi-public business Tsukigatani Hot Spring uses a wood-chip boiler to employ unused lumber resources from sources such as forest thinning work in the town as fuel for heating equipment and the hot spring.

Kamikatsu is a member of "The Most Beautiful Villages in Japan" association



About "The Most Beautiful Villages in Japan" nonprofit organization

In recent years, progressive consolidation of municipalities in Japan has made it difficult for small villages that are home to wonderful resources to survive and protect their beautiful landscapes. "The Most Beautiful Villages in Japan" association takes action to protect the scenery, environment, and culture of such rural Japanese villages, which could not be regained once lost. ("The Most Beautiful Villages in Japan" association is a member of "The Most Beautiful Villages in the World".)

Sights

A tour of archetypal rural landscapes

Terraced rice fields

Kashihara terraced rice fields

MAP F-7

4

Kashihara's terraced rice fields were chosen to be numbered among the 100 most beautiful terraced rice fields in Japan in 1999, and in 2010 they were the first site in Tokushima Prefecture to be named a Cultural Landscape by the Japanese government. Distributed across the 500–700 m elevation zone, the terraced rice fields are separated by curved levees that reflect the contours of the hillside.

Important elements contributing to the beauty of Kashihara's terraced rice fields include the curves of the levees, the levee steps, and the small surface areas of individual rice fields.



1

Yaeji terraced rice fields

MAP D-8

These curved paddies were restored in 2002, with a focus on preservation of the terraced rice fields to retain their natural curved form. The Yaeji settlement has been named one of the 100 most beautiful rural landscapes in Japan.



2

Ichiu terraced rice fields

MAP E-8

At about 600 m above sea level, these fields are used to grow buckwheat in addition to rice. When the buckwheat blossoms, the fields are covered in beautiful flowers. The spot where visitors can look down on the terraced rice fields features the Tenjo spring.



3

Tanono terraced rice fields

MAP F-8

These terraced rice fields present a beautiful rural landscape in which the rice fields coexist with community life. Also famous as the origin of Kamikatsu Bancha tea, this settlement has been named one of the 100 most aromatic landscapes in Japan.



5

Nojiri terraced rice fields

MAP F-7

These vast terraced rice fields are spread out on both banks of the stream through Nojiri Valley. The channels, sourced with water from Yaeji and built about 260 years ago, are still in use today, in a landscape that retains its look from days gone by.



6

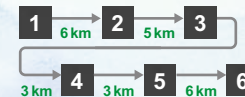
Fudono terraced rice fields

MAP F-6

These relatively large terraced rice fields are stacked along the mountainside. Since they are managed in a manner that keeps the number of dormant fields low, they provide a view of beautiful seasonal terraced rice fields.

Recommended courses

Starting from Yaeji



Starting from Nojiri



This course is recommended for medium-sized cars.

! Please drive with care, because the roads are narrow.

Experience a grand panorama of nature

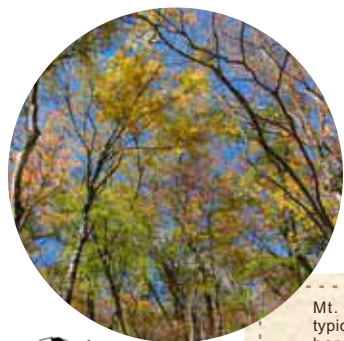
Gorges

Visit a small mountain

Mountain climbing

Mt. Takamaru

Ayabuchi, Tonokawauchi Gorge



Mt. Takamaru

MAP B,C-7

This mountain rising 1,439 m above sea level near the upper reaches of the Katsuura River is located on the town limit between the town of Naka (formerly the village of Kisawa) and Kamikatsu. Its mid-slope (1,000 m and higher) is covered in natural beech forests. The starting point of a climb, Sennennomori Plaza, is equipped with a parking lot, restrooms, and informational signs.



▲ Mt. Takamaru Sennennomori Parking Area/Plaza

Mt. Takamaru's beech forests are a typical Pacific coast beech/Sasamorpha borealis community. This is a very important community not only to Katsuura District but to the entire prefecture as well.



Mt. Yamainu

MAP E-6

At an elevation of 997 m above sea level, this mountain is like a natural paradise, home to features including massive stones and peat moss. One of the sights to see is the collection of miniature stone Buddha images representing the 88 pilgrimage sites on Shikoku, located within the primeval deciduous forest. The wonderful view to the south provides an overview of the primeval deciduous forest and is highly recommended during autumn when the leaves change color.

Guide maps are available as well!



Please see the cautions on this website if you are considering mountain climbing.

Kamikatsu official website/Mt. Yamainu
<http://www.kamikatsu.jp/kankou/miru/spot/>



Tonokawauchi Gorge

MAP D-5

The vista broadens starting about 6 km from the starting point of the Super Forest Road. In the headwaters of Katsuura River is this gorge, home to numerous clear mountain red-spotted masu salmon streams. Both sides of the gorge are covered in broad-leaved trees, so visitors can enjoy a different look each season. This spot is part of Chubu Sankei Prefectural Park.



Tsurugisan Super Forest Road MAP G-6

With a total length of 87.7 km, this is Japan's longest forest road. The road starts near the town hall and offers views of green forests in spring and summer and bright red- and yellow-cloaked mountainsides in autumn. Since most of the road is unpaved, it is popular among fans who visit on off-road motorcycles or in four-wheel-drive vehicles.



Tokushima Forest Road Guide

<https://rindonavi.com/>

Features traffic information on the Super Forest Road



Hyakken Falls MAP E-5

The entrance to the trail to these waterfalls is located about 5 km up the Super Forest Road from the start toward the Katsuura River headwaters. The falls drop about 30 m. The trail goes all the way to the basin of the falls, where visitors can get a view looking up to the falls.



Peat moss on Mt. Yamainu



5



There is no parking area near the starting point for the climb. Please walk from the parking lot about 2km before the starting point.

6

Area connected with Kobodaishi



▼ Here you can explore by candlelight a cave about 100 m long, said to have been discovered by Kobodaishi. Inside the cave you can view stalactites resembling the Buddhist images of Amidasanzon, the God of Fire, and Samantabhadra. Deeper into the cave is a broad open area.



Anazenjo training

Address: 18 Aza Kanjodaki, Oaza Masaki, Kamikatsu
 Tel.: 0885-45-0044 Fax: 0885-45-0161
 Open: March 1 – November 30
 * Closed during Obon season (August 13-15) and inclement weather.
 8:00–15:00 * No admittance after 15:00
 (¥) 1,000 yen/person for three or more guests, 3,000 yen for a party of less than three guests
 (Reservations required. Contact the facility for details.)

Gecchozan Hoshuin Jigenji Temple

MAP I-2

This temple behind Kakurinji, no. 20 of the Shikoku pilgrimage sites, is no. 3 of the additional pilgrimage sites on Shikoku. It's an essential stop for pilgrims to Shikoku, famed for its surrounding natural beauty of cherry trees, azaleas, and autumn leaves.

Kanjo Falls

MAP I-2

These 80 m waterfalls offer a sublime, mystical view like a rainbow in the morning sun on a clear day.

Kanjo Falls are on the way to Jigenji Temple, and it is said that Kobodaishi used to train here.



Seasonal flowers that brighten the town

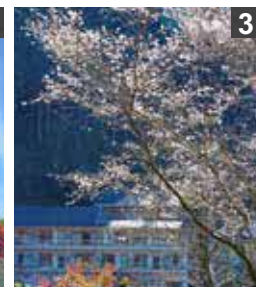
Cherry blossoms on Bishu Lake

MAP I-5

Masaki Dam Park

The reservoir of Masaki Dam also is known as Bishu Lake. Here visitors can enjoy kayaking and fishing. In the spring, Masaki Dam Park is filled with cherry blossoms, and the colorful leaves reflected on the water's surface make it a popular sightseeing spot in the autumn.

In bloom: roughly late March–early April



Ochiai Senbon Tsutsuji Park

MAP G-7

In this park, more than 1,000 azalea bushes are planned along the hillside. It is visible from the parking lot to the Kamikatsu Town Hall.

In bloom: roughly late April–early May

"Jugatsuzakura"

MAP H-7

These rare cherry trees blossom twice a year. They can be seen in great numbers near the river at Tsukigatani Hot Spring.

In bloom: roughly early April and October–December

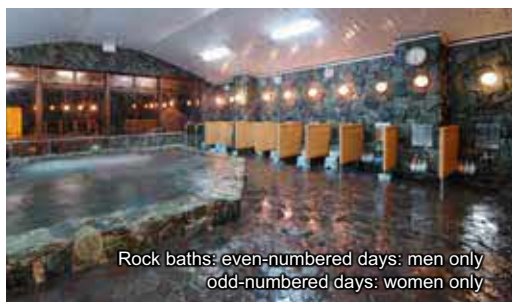
A hot spring connected with Kobodaishi

Tsukigatani Hot Spring

<Also see: pp. 9, 11, 13> MAP H-7

Here, at the only hot spring inn in the town, you can enjoy views of the Katsuura River. It is said that Kobodaishi trained here on the rocky tract of Ryozan Tsukigatani.

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu
 Tel.: 0885-46-020 Fax: 0885-46-0100
 Open: 10:00-20:00
 Closed: No specified days closed (check the website for details)
 (¥) Adults 550 yen/elementary-school students 330 yen/
 small children free



Rock baths: even-numbered days: men only
 odd-numbered days: women only

View some rare, valuable trees!

Sequoia sempervirens

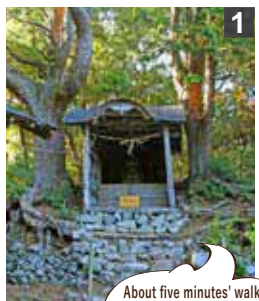
MAP D-8

Said to be a living fossil, this tree is a plant from the survived extinction in the period of planetary change and still lives today. Trees this size are rare in Japan.

Kubo Great Cedar

MAP F-7

At 60 m high, 8.8 m around, and more than 1,000 years in age, this is the largest tree in the district. It is revered locally as the god of cedar trees.



A unique legend

Akiba Shrine

MAP F-7

It is said that at nighttime during the Akiba Shrine summer festival, on the 26th day of the seventh month of the lunar calendar, the moon can be seen to rise three times in one night when looking from the shrine grounds in the direction of Tachibana Bay to the east.

Yoshigahira rock house

MAP H-9

This small shrine built to honor a hunter and a bear who died in the rock house in old times is venerated as a shrine for hunters.



About five minutes' walk from the starting point of the climb to Mt. Yamainu.



Enjoy the clear waters in out-of-the way spots!

Onbuchi and Menbuchi

MAP I-3

At Onbuchi, only the spot in front of the waterfall basin is open, and the sound of falling water echoes in the area. Menbuchi is a little downstream from Onbuchi and can be seen from the streets in town.

Amadomarinofuchi

MAP H-7

This spot is distinguished by the large basin beneath the waterfall just under 10 m high. The water course that looks like it was cut into the massive stones is quite impressive.



Dining




Enjoy the town's cuisine

Tsukigatani Hot Spring
Colorful cuisine



Tsukigatani Hot Spring <Also see: pp. 7, 13>

 Banquet shuttle available
* Reservations required

MAP H-7

The dishes here, prepared with expert skill by the chef, are masterpieces in terms of both their flavor and their presentation. They use the blessings of the mountains and rivers in abundance, including red-spotted masu salmon and ayu.

Menu: various set meals, light meals, banquet meals, etc.

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu Tel.: 0885-46-0203
Open: 11:00-19:30 (last order) / Closed: irregularly (please check the website)



Ikkyu Chaya 2F Cafe <Also see: p. 11>

MAP H-5

Ikkyu's set meals, made using local ingredients, are popular among locals as well.

The view of Bishu Lake from the wide windows is breathtaking.

Menu: set meals, udon, curry rice, breakfast service, etc.

Address: 76-12 Aza Shimohiura, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0198

Open: 8:30-14:30 (last order) / Closed: Tuesdays, year-end/New Year's holidays



Cafe polestar <Also see: p. 13>

MAP H-7

Serves set meals made with carefully chosen local vegetables, carefully selected original coffee blends, and dessert.

Menu: lunch, coffee, dessert, etc.

Address: 32-1 Aza Hirama, Oaza Fukuhara, Kamikatsu Tel.: 0885-46-0338

Open: Monday-Wednesday 10:00-15:00, Saturday 10:00-17:00

Closed: Thursdays, Fridays

* May be closed at other times for special events or when the entire facility is booked



PERTORNARE MAP H-7

This relaxed, hideaway restaurant is housed in a remodeled old traditional home.

It serves Italian cuisine made using seasonal local ingredients.

Menu: lunch: pasta, course meals/dinner: various course meals

Address: 62 Aza Hirama, Oaza Fukuhara, Kamikatsu Tel.: 080-3165-7153

Open: lunch 12:00-14:00 (last order), dinner 18:00-21:30 (last order)

Closed: Every Monday and Tuesday * Reservations required for dinner



RISE & WIN Brewing Co. <Also see: p. 12>

BBQ & General Store MAP I-4

This restaurant housed in a craft brewery serves fresh craft beer along with real barbecue dishes.

Menu: various craft beers, Yuko Soda, pork ribs on the bone, etc.

Address: 237-2 Aza Hirama, Oaza Masaki, Kamikatsu Tel.: 0885-45-0688

Open: weekdays 11:00-17:00 (by reservation after 17:00)

Saturdays, Sundays, and holidays 10:00-18:00 (by reservation after 18:00)

Closed: Mondays, Tuesdays



Yuttari Jiden Chaya <Also see: p. 12>

MAP G-8

This teahouse features a hot foot bath next to the entrance and offers the experience of catching red-spotted masu salmon. Visitors are encouraged to make the trip to Yuttari Jiden Chaya, a place filled with the spirit of Jiden residents.

Menu: udon, onigiri made with rice from terraced rice fields, charcoal-grilled red-spotted masu salmon, etc.

Address: 20-1 Aza Maruyama, Oaza Asahi, Kamikatsu Tel.: 0885-46-0140

Open: Sunday 10:00-16:00/may be closed at times in July-August



Cafe Ikumi

MAP F-5

This teahouse is located at a spot 2 km from the start of the Tsurugisan Super Forest Road. It famously served as a location in the film "It's a Beautiful Life: Irodori." Here visitors can enjoy a retro atmosphere evoking the mid-/late 20th century.

Menu: spicy chicken curry, chicken tempura curry, "banchai" chai made using Kamikatsu bancha tea, etc.

Address: 12 Aza Taniguchi, Oaza Ikumi, Kamikatsu

Open: 12:00-17:00/Closed: Wednesdays, Thursdays

* Be sure to check the website before visiting



Ayanosato

MAP H-7

Staff here are experts on the local geography and glad to help visitors. Feel free to stop by.

Menu: udon, Chinese-style noodles, oyakodon, yakitori, etc.

Address: 104 Aza Kawakita, Oaza Fukuhara, Kamikatsu Tel.: 0885-46-0123

Open: 10:00-18:00/

Business hours are printed on the banner hanging in the entrance.

Closed: Thursdays



Bar IRORI <Also see: p. 13>

MAP H-8



Free in-town shuttle!

Bar IRORI is housed in a remodeled traditional house in the mountains. Enjoy beverages such as whiskey, cocktails, and Kamikatsu sake while listening to jazz and rock in the bar.

Menu: ☉ Drinks: various cocktails, various brands of whiskey, beer, etc.

☉ Foods: Szechuan-style spicy noodles without broth, Vietnamese-style spring rolls, etc.

Address: 27 Aza Annotani, Oaza Fukuhara, Kamikatsu Tel.: 090-2789-8577

Open: through September: Friday and Saturday 17:00-21:30 (last order)

* Open on Fridays and Saturdays only during December-March

Shopping



Rare, highly valued and sought-after tea Kamikatsu bancha (Awa bancha, Jidencha)

This traditional local specialty was born and passed down over the generations in the local community. Appealing for its simple, nostalgic taste, it is noted as a rare, highly valued and sought-after tea. Bancha harvested in the Jiden settlement is sold under the name Jidencha, designated one of the traditional specialties of Tokushima Prefecture.

Available at the following shops in town: **Tea**
Tsukigatani Hot Spring/Ikkyu Chaya/Nakata Shoten/Bando Farm/Yuttari Jiden Chaya/RISE & WIN Brewing Co.

Kamikatsu's specialties

Highly aromatic acidic citrus fruits Yuko, yuzu, sudachi

Yuko, yuzu, and sudachi are citrus fruits for which Tokushima Prefecture is famous. Each of these is a variety of tangerine essential to Japanese and Western cuisine. Among these, yuko is cultivated only in certain mountainous areas of the towns of Kamikatsu and Kamiyama, among other local areas and said to be a rare, highly valued and sought-after fruit. Rich in nutrients such as citric acid and amino acids, they are said to have health benefits in areas such as recovery from fatigue and stimulating the appetite.

Available at the following shops in town: **Vinegar**
Tsukigatani Hot Spring/Ikkyu Chaya/Bando Farm



Yuko



Yuzu



Sudachi



▲ Bando Farm

Shop here for local specialties!

For red-spotted masu salmon, restaurants serving red-spotted masu salmon dishes are shown below.



Ikkyu Chaya **Tea** **Vinegar** **Ice cream** **Tsukudani**
Sells products including local specialties and freshly picked vegetables. Here there's a great chance you'll find a rare seasonal delicacy.
Address: 76-12 Aza Shimouira, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0198 **MAP H-5**
Open: 8:30-16:30/Closed: Tuesdays



Tsukigatani Hot Spring **Tea** **Vinegar** **Red-spotted masu salmon** **Local sake** **Craft beer** **Ice cream** **Tsukudani** For details, see p. 13
Tel.: 0885-46-0203



JA East Tokushima Kamikatsu Branch **Vinegar**
juicing facility **MAP I-4**
Address: 88-85 Aza Nakatsu, Oaza Masaki, Kamikatsu
Tel.: 0885-45-0170
Open: 8:30-17:00/
Closed: second and fourth Saturdays of the month, holidays



Bando Farm **Vinegar** **Tea**
Address: 63 Aza Ueno, Oaza Ikumi, Kamikatsu
Tel.: 0885-46-0822
Open: 9:00-17:00/
Closed: Saturdays, Sundays, holidays



RISE & WIN Brewing Co. BBQ & General Store **Craft beer** **Tea**
Address: 237-2 Aza Hirama, Oaza Masaki, Kamikatsu
Tel.: 0885-45-0688 <Also see p. 10>
Closed: Mondays, Tuesdays

The queen of freshwater fish lives in the Katsura River Red-spotted masu salmon

These fish live in highly transparent, clear mountain streams. They differ in appearance from landlocked masu salmon in that they have beautiful red spots on their sides, excluding their heads and backs. Their slightly pink flesh is characterized by an elegant, mouthwatering flavor.

Red-spotted masu salmon

Restaurants serving red-spotted masu salmon dishes: Tsukigatani Hot Spring/Yuttari Jiden Chaya



▲ Takahoko Construction Sake Brewing Division

Sake made using rice from terraced rice fields

This sake is made using rice from Kamikatsu's terraced rice fields, grown amid the fresh air and mountain spring water.

Available at the following shops in town: **Local sake**
Takahoko Construction/Tsukigatani Hot Spring/Takeichi Shoten/Fukuhara Shoji

Craft beer made using local ingredients

This craft beer is made using local town specialties such as yuko citrus and Kamikatsu bancha tea.

Available at the following shops in town: **Craft beer**
RISE & WIN Brewing Co. BBQ & General Store/Tsukigatani Hot Spring



▲ RISE & WIN Brewing Co.

The taste of homestyle Kamikatsu dishes

These dishes bring together delicious local vegetables, rice, and fruit. They also are prepared with carefully selected seasonings, free from additives, preservatives, etc.

Available at the following shops in town: **Ice cream**
Tsukigatani Hot Spring/Ikkyu Chaya

Tsukudani



▲ Irodori Foods Group



Takahoko Construction **Local sake**
Sake Brewing Division
Address: 146-4 Aza Nishimine, Oaza Hoji, Kamikatsu
Tel.: 0885-44-1388
Open: 9:00-17:00/
Closed: Saturdays, Sundays, holidays



Yuttari Jiden Chaya **Tea** **Red-spotted masu salmon**
This teahouse features a hot foot bath next to the entrance and offers the experience of catching red-spotted masu salmon.
Address: 20-1 Aza Maruyama, Oaza Asahi, Kamikatsu
Tel. 0885-46-0140 <Also see p. 10>
Open: Sunday 10:00-16:00



Nakata Shoten **Tea**
Address: 17-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-46-0147



Takeichi Shoten **Local sake**
Address: 16-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-46-0035



Fukuhara Shoji **Local sake**
Address: 59-12 Aza Kawakita, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0011

Stay



Kamikatsu Zero Waste Center (WHY) MAP H-5

Guests staying in the accommodations here can participate in a zero-waste study tour and experience waste segregation at the waste station.

Address: 7-2 Aza Shimohiura, Oaza Fukuhara, Kamikatsu
Tel.: 080-2989-1533
Open: 9:00-17:00 (check-in: 15:00-17:00; check-out: 10:30)
Closed: year-end/New Year's holidays Rates: from 11,000 yen (per night, per person; dinner and breakfast included)



Tsukigatani Hot Spring/Bungalows MAP H-7

These accommodations are optimal for family and group travelers. Equipped with heating and air-conditioning, they can be used in comfort in all seasons. Enjoy a relaxing stay amid the warmth of natural wood.

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203
Open: 10:00-20:00/closed: irregularly (please check the website)
Rates: 10,000-11,500 yen (per night, per person; dinner and breakfast included)
Other information: minimum 2 guests/standard 4 guests (maximum 6 guests)



Glamping Base Camp MAP H-8

Here you can stay overnight in a natural environment, enjoy barbecuing, and bath over a wood fire with breathtaking views. Facilities are equipped with portable stoves, dishes and utensils, and drip coffeemakers. Just bring your own ingredients.

Address: Kamikatsu Frontiers, 27 Aza Annotani, Oaza Fukuhara, Kamikatsu
Tel.: 090-2789-8577
Rates: from 8,000 yen (per night, per person; no meals included)
Other information: accommodates up to 3 guests (summer)/2 guests (winter)

Tsukigatani Hot Spring/Tsukinoyado MAP H-7

Enjoy hospitality featuring dishes made using seasonal ingredients and natural hot springs. Guestrooms were built using local lumber and walls of diatomaceous earth.

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203
Open: 10:00-20:00/Closed: irregularly (please check the website)
Rates: 10,000-18,000 yen (per night, per person; dinner and breakfast included)



Tsukigatani Hot Spring Village campground **Pangaea Field** MAP H-7

Pangaea Field offers a glamorous, comfortable "glamping" experience. The cottages are finished like log houses with the warmth of natural wood.

Address: (same as above) Pangaea, 4 Aza Kawakita, Oaza Fukuhara, Kamikatsu
◆ Glamping: Tel.: 0885-46-0371
Rates: adults: 12,000 yen/elementary-school children: 9,000 yen (per night, per person; breakfast included)
◆ Camper sites/cottages: Tel.: 0885-46-0345
Rates: Rates vary between peak and off seasons.



Yamanishi Inn MAP F-8

This long-established Japanese-style inn was founded in 1897 and currently is operated by the fourth generation of the owners' family. Facing the Sennennomori Fureaikan hall, it is beloved by local residents as a place to come together.

Address: 54-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-46-0005
Rates: 6,700 yen (per night, per person; dinner and breakfast included)/overnight accommodations available for 15 people
Other information: banquet rates are negotiable/karaoke available



Yamanogakko-Shizen no Yado Asahi MAP F-8

This lodging facility that focuses on hands-on experiences occupies a former schoolhouse. It also can be used for forestry lessons, group trips by clubs, and other purposes. Guests may bring their own food ingredients etc. Barbecue facilities are available.

Address: 72 Aza Nakamura, Oaza Asahi, Kamikatsu Tel.: 0885-46-0249
Rates: Contact the facility for lodging rates.
Other information: accommodates up to 50 guests (4 rooms on first floor, 2 rooms on second floor)



Yamaai farm stay MAP G-7

This farm pension grows rice, vegetables, and yuzu and sudachi citrus and raises chickens, providing a wealth of seasonal ingredients.

Experiences: bonsai experience, handmade brick-oven pizza, etc.
Address: 81-1 Aza Shimono, Oaza Ikumi, Kamikatsu Tel.: 0885-46-0356
Open: Year round Rates: 6,000 yen (per night, per person; dinner and breakfast included) * Separate rates apply for each experience
Other information: Reservations required (make reservations at least one week in advance of the date of stay)/accommodations available for 9 people



Hanabiyori farm stay MAP F-8

This farm pension's hospitality includes dishes of Kamikatsu red-spotted masu salmon and home cooking made with seasonal ingredients. (Coffee included) Check the pension's blog for updates!

Experiences: agricultural experiences etc. * Separate rates apply for experiences
Address: 116 Aza Nakamura, Oaza Asahi, Kamikatsu Tel.: 0885-33-1837 Open: year-round
Rates: 5,000 yen (per night, per person; dinner and breakfast included/experience charges included) 3,500 yen (per night, per person; accommodations only/experience charges included)
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/accommodations available for 8 people



Wakka farm stay MAP I-3

Located in a remodeled old traditional house, this nostalgic pension features a sunken hearth and a bath heated by wood fire.

Experiences: seasonal farming experiences, river recreation experiences, etc.
Address: 48-1 Aza Rokujubu, Oaza Masski, Kamikatsu Tel.: 0885-45-0458
Open: Year round Rates: 5,500 yen (per night, per person; dinner and breakfast included) * Separate rates apply for each experience
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/accommodations available for 4 people



Magonioe farm stay MAP E-4

The operators of this pension also grow wasabi leaf in the fresh air using natural water.

Experiences: splitting firewood, wasabi leaf experience, Nordic walking, etc.
Address: 31 Aza Onakazura, Oaza Ikumi, Kamikatsu Tel.: 090-5148-4972
Open: October-February (contact regarding March-September)
Rates: 6,000 yen (per night, per person; dinner and breakfast included) * Separate rates apply for each agricultural experience/student discount: 15%
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/accommodations available for 4 people/entire facility available for rental



Satogaeri farm stay MAP E-8

Beneath this pension, located at an elevation of 630 m above sea level, unfold the beautiful Ichiu terraced rice fields. Local Kamikatsu cuisine is served for dinner.

Experiences: making soba noodles, making tofu, making zori sandals, etc.
Address: 27-2 Aza Hari, Oaza Asahi, Kamikatsu Tel. 0885-46-0293
Open: March-November
Rates: 5,000 yen (per night, per person; cooking experience, dinner, and breakfast included) * Separate rates apply for agricultural experiences
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/accommodations available for 5 people

Experiences

A wealth of exciting opportunities!

Enjoy the natural beauty of Kamikatsu to the fullest!



▼ Medicinal herbs lessons

▲ Mt. Takamaru Sennennomori Forest School
* Photos show examples of events.

Stay experience guests also welcome

Enjoy a range of experience programs that changes with the season. Guests seeking childcare and other stay experiences or environmental education stay experiences also are welcome.

Experiences: experiences of environmental issues, agricultural experiences, nature experiences, etc.

Yamanogakko-Shizen no Yado Asahi

Address: 72 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-46-0249 * Contact the facility for more information.
Website: <http://asahi.ina-ka.com/index02.html>

MAP F-8

<Also see: p. 14>

An intersection between people and the forest

Mt. Takamaru Sennennomori Forest holds a wide range of events that everybody from first-time visitors to the mountains to veteran hikers can enjoy. Feel free to participate with family, friends, or by yourself.

Experiences: guided climbs of Mt. Takamaru/forestry experience/experience cooking with medicinal herbs/exploring tunnels in the cedar woods, etc.

Sennennomori Fureaikan

Address: 66-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-44-6680 Fax: 0885-44-6681
Open: 8:30-18:00/closed: Wednesdays
Rates: admission: free
Experience charges: 500-2,000 yen
* Contact the facility for more information

MAP F-8

▼ Mt. Yamainu guide



ESD environmental education

Safety training, rural educational tour of terraced rice fields, community learning on forestry and scenery, etc./NEAL natural experience leadership training organizations
Something those with an interest in experiencing nature safely definitely will want to see.

Experiences: Touring echo points with an entertaining expert/use your loudest voice to get in touch with nature amid beautiful surroundings.

Kamikatsu Natural Experience Learning Research Committee

Address: 30 Aza Kawakita, Oaza Fukuhara, Kamikatsu
Tel.: 0885-44-6290 Inaide Kankyo Machizukuri Y.K.
Website: <http://shizen102-1.postach.io/>

MAP G-6

▼ Rice planting experience



▲ Somen noodle stream experience



▲ Yaho point tour

<Out of the ordinary> experiences

Provides a full range of support to enable anybody, from outdoors experts to beginners, to enjoy the outdoors with peace of mind. A full range of indoor activities is available too.

Experiences: kids' adventure/natural experience tour/forest studio arts-and-crafts experience, etc.

Tsuikigatani Hot Spring Village campground Pangaea Field

Address: 4 Aza Kawakita, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0371 Fax: 0885-46-0291
Website: <http://www.k-pangaea.com/>

MAP H-7 <Also see: p. 13>







▲ Zero Camp in winter



▲ Zero Camp in the summer: Getting to know the river

Calendar of seasonal sights

January	February	March	April	May	June	July	August	September	October	November	December
Early January: Dondoyaki		1 Katsuura River red-spotted masu salmon fishing season begins! March 1-August 31		3-5 Irodori/Koi-Koi Koi Festival	1 Katsuura River ayu fishing season begins! June 1-December 31 <small>Not including the spawning season of October 20-November 10</small>	Late July Kamikatsu Summer Festival 26th day of the seventh month of the lunar calendar Akiba Shrine, "Three Moons"	13 Hoji Obon gathering 15 Asahi Obon gathering	Mid-September Kamikatsu joint athletic festival Late September Kamikatsu-Awa Bancha Festival	October-start of November Autumn festivals in individual settlements October 1: Yaeji October 5: Ichlu October 19: Physical Education Day: Tanono October 13: Nojiri October 14: Kawanishi	Early November Music festival in the terraced rice fields October 16: Fukugawa October 18: Yanagidani October 19: Fukuhara October 21: Fujikawa November 3: Sezu November 3: Hoji	
											
				Azaleas (Ochiai Senbon Tsutsuji) Late April-early May	Rice planting Mid-May-mid-June		Tea harvesting: July Tea drying: August	Sudachi citrus harvesting Late August-mid-September	Yuko citrus harvesting October	Yuzu citrus harvesting November	
		Jugatsuzakura Early April		Primeval beech forests (Mt. Takamaru) Early-mid May	Peat moss on Mt. Yamainu June-July			Amaryllis flowers Late September	Fall colors (Mt. Takamaru/Mt. Yamainu/Tonogawauchui Gorge) Late October-early November	"Jugatsuzakura" October-December	

Sometimes the snow builds up in winter

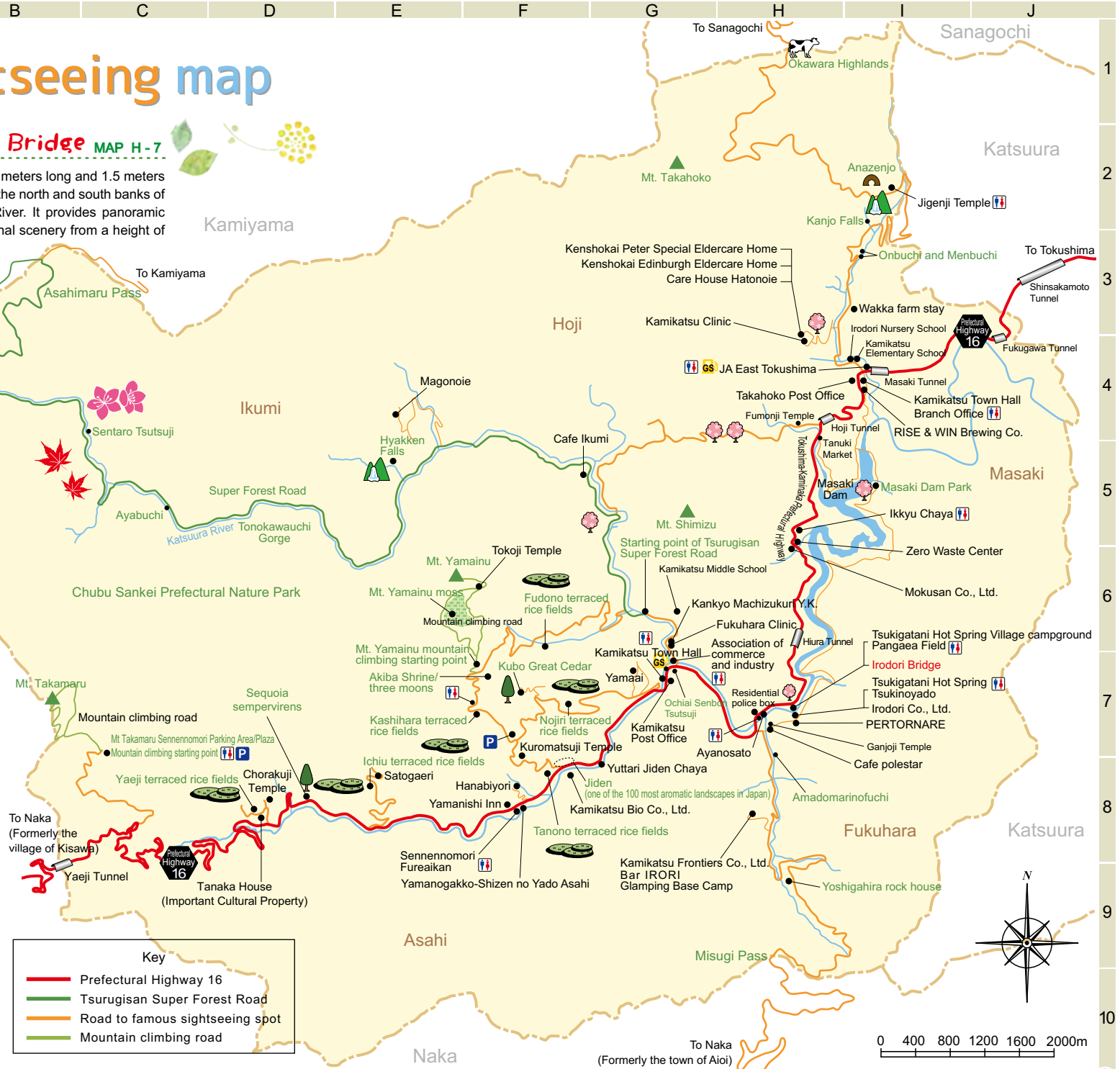
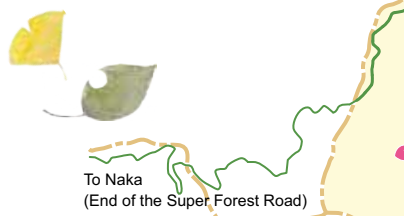


Kamikatsu Sightseeing map



Irodori Bridge MAP H-7

This bridge, 62 meters long and 1.5 meters wide, connects the north and south banks of the Katsura River. It provides panoramic views of seasonal scenery from a height of 15 meters.



Destination	Distance	By car
■ Yaeji terraced rice fields	D - 8 approx. 7 km	approx. 25 min.
■ Mt. Takamaru Parking Area	C - 7 approx. 14 km	approx. 40 min.
■ kashihara terraced rice fields	F - 7 approx. 5 km	approx. 25 min.
■ Mt. Yamainu Parking Area	F - 7 approx. 4 km	approx. 20 min.
■ Hyakken Falls	E - 5 approx. 7 km	approx. 20 min.
■ Kamiyama town limit	B - 3 approx. 19 km	approx. 50 min.
■ Jigenji Temple	I - 2 approx. 13 km	approx. 35 min.
■ Okawara Highlands	H - 1 approx. 20 km	approx. 50 min.
■ Kamikatsu Town Hall Branch Office	I - 4 approx. 7 km	approx. 15 min.



Kamikatsu Town official website

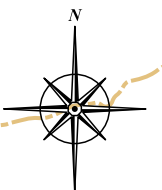
Sightseeing site/
sightseeing pamphlet

Please see this website
for a detailed sightseeing
map.

<http://www.kamikatsu.jp/kankou/>

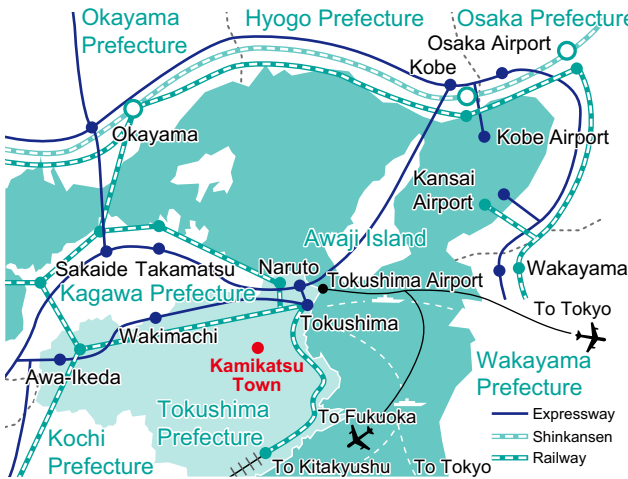
Key	
	Prefectural Highway 16
	Tsurugisan Super Forest Road
	Road to famous sightseeing spot
	Mountain climbing road

0 400 800 1200 1600 2000m



Access to Tokushima Prefecture

Time from Tokushima Awaodori Airport, Time from Tokushima Station, Time from Tokushima Port



From Tokyo		1 hr., 10 min.
		10 hrs.
From Osaka		2 hrs., 30 min.
From Kobe		2 hrs.
From Fukuoka		1 hr.
From Kyoto		3 hrs.
From Wakayama		2 hrs., 15 min.
From Kansai International Airport		2 hrs., 45 min.

Time from JR Tokushima Station to other means of transportation

- To Tokushima Awaodori Airport: 30 min. by bus
- To the Nankai Ferry terminal (for Wakayama): 15 min. by bus
- To the Ocean Trans Ferry Terminal (for Tokyo/Kitakyushu): 15 min. by bus

Access from the city of Tokushima

▶ Tokushima Awaodori Airport – Tokushima Station

Bus: approx. 28 min. (600 yen)

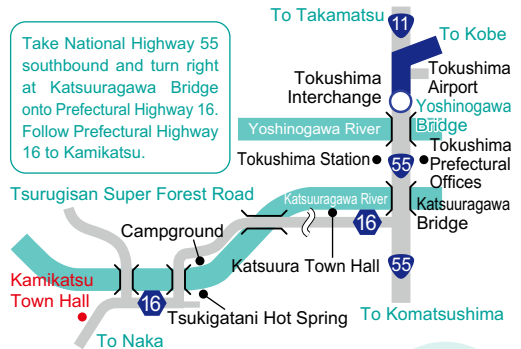
▶ Tokushima Station – Kamikatsu

Car: approx. 1 hr.; bus: approx. 90 min.

Access by bus:

- 1 [Tokushima Bus] departing from in front of Tokushima Station for Yokosenishi (860 yen)
- 2 Change at Yokosenishi to [Town Bus] (400 yen)
- 3 Get off at the Yokominebashi Bus Stop and walk for five minutes to the Town Hall

Take National Highway 55 southbound and turn right at Katsuuragawa Bridge onto Prefectural Highway 16. Follow Prefectural Highway 16 to Kamikatsu.



Town bus schedule

- ② Yokosenishi –

Passengers may get on and off town buses at any spot on the road, not just at designated bus stops.

Kamikatsu premium volunteer taxi



Hidamari Association

☎ 090-7627-4455

- 130 yen/ km (small) ■ Dispatch charge: 300 yen
- Standby charge: 100 yen/10 min.
- Dues: 300 yen/person/use

Reference

Tokushima–Kamikatsu
Approx. 5,200 yen one way
(not including dues)

Address any inquiries about sightseeing to:

Kamikatsu Town Hall, Industry Dept.

3-1 Aza Shitayokomine, Oaza Fukuhara, Kamikatsu, Katsura-gun, Tokushima Prefecture 771-4501, Japan

☎ Tel. +81-885-46-0111 ☎ Fax: +81-885-46-0323

Official website <http://www.kamikatsu.jp/>

Prices and other information in this pamphlet are current as of August 2020.



Kamikatsu Town
official website