

Go

Come and visit
the heart
of Shikoku



ing



City, sea and mountains as one.



Shikokuchuo City



Nature

Shikokuchuo City

大自然を満喫する

Suiha Kogen

翠波高原

H-8

In spring this plateau glows with the golden colour of rape blossoms, in summer it is shrouded in red, white and pink cosmos. From the panoramic 360 degree view Suihamine Ridge affords one

can see both the islands of the Seto Inland Sea and the mountain ranges of Shikoku. Opening time: April 1 to October 31 (toilet, kiosk and parking facilities.)



Tomisato Dam Lakeshore Area

富郷ダムてらの湖畔広場

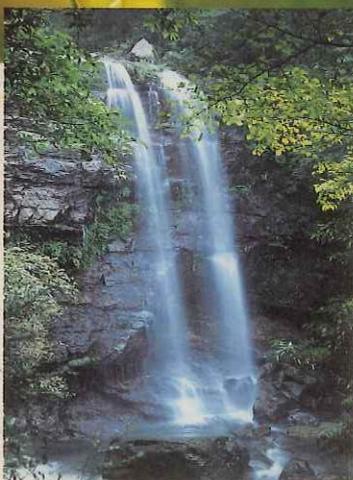
K-6

The 106m tall Tomisato Dam is a gravity method dam built to provide water for consumption, industrial use, flood control and power. The Lakeshore Area, surrounded by abundant water and greenery, is home to facilities like Teranomizu no Yakata, where visitors can enjoy a light snack. Toilets, meal facilities and parking for 50 vehicles

Doi Sanzan

土居三山 L-2 K-4 I-5

Mt Higashiakaishi, Mt Futatsudake and Mt Akaboshiyama, known collectively as Doi Sanzan, have long been regarded as sacred places where according to legend *tengu* demons and wizards once lived. It is said that in times past one of the aims of people traveling the Hiuchi Strait was to view these 1500m high peaks.

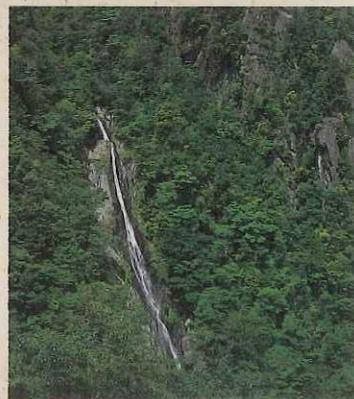


Hatataki Waterfall

機滝

H-5

Situated halfway up Akaboshi Mountain, Hatataki (Loom) Waterfall, just as the name says, brings to mind a weaver's delicate threads. It is a sight which is arresting in its beauty and is said to be the best in the valley.



Keiten no Taki Waterfall

敬天の滝

I-4

Part way along the Futatsukage Mountain Climbing Course you will find Keiten no Taki Waterfall. Jutting out towards the sky is a patch of rock which in autumn is dyed the colour of gold. The waterfall falls like a single sinewy thread across the rocks and captures the hearts of visitors with its beauty.



Birdwatching

Even if you hear birds in the wild you may not see them so arm yourself with a pair of binoculars. Wearing clothes with natural colours so you blend into the scenery quietly move closer to your target. Listen carefully. When you hear birdsong aim your binoculars in that direction!



Fishing!

When you think of rivers and leisure you think fishing. To catch the brilliantly coloured fish of the mountain streams why not try lure or fly fishing? Naturally the old-fashioned method using bait is just as good - just turn over rocks in the river to find your bait.



Fishing Restrictions
Fishing is prohibited outside of the fishing season. Recreational fishing requires a permit issued by the fishing authority, so apply at a local shop.

Come and visit the heart of Shikoku

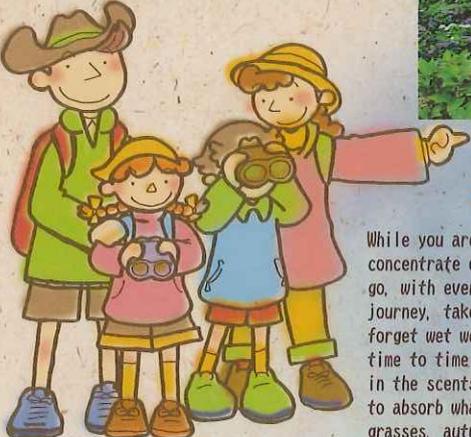
Try trekking!

Dive into the wild. See nature as she really is and you'll be friends for life. Unlike mountaineering, getting to the top is not the objective, rather the aim is to take your time, enjoy the trees and flowers, the chirping of birds, the sounds of babbling brooks. That's what trekking is all about.



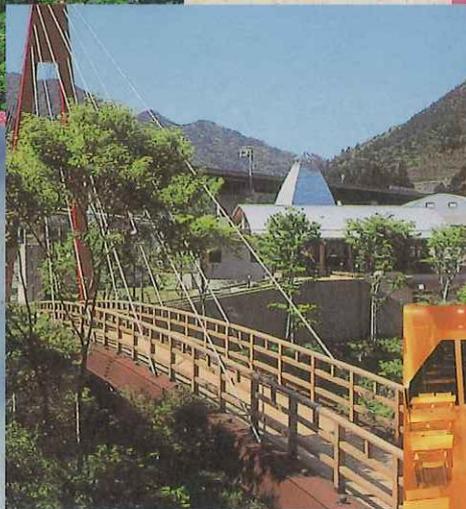
Ajisai no Sato

あじさいの里 I-13
Famous as the place where twenty thousand hydrangeas bloom over an area of four hectares and host to the Hydrangea Festival.
TEL 0896-72-2617



Take your time and enjoy the view

While you are trekking try taking smaller steps but concentrate on feeling the ground beneath you as you go, with every footfall. Plan for a 2-3 hour return journey, take sufficient water and snacks and don't forget wet weather gear and a first aid kit. From time to time just stop and look at the flowers, take in the scents, and use your sight, hearing and smell to absorb what is around you. Spring offers flowering grasses, autumn brings cosmos - pick your season and take a stroll. Why not find a hillside covered in flowers and spend some time there, breathe in deeply the smell of the flowers and the fresh air and you'll feel completely refreshed.



Kiri no Mori I-13
霧の森
Kiri no Mori is a large scale accommodation complex and features hot spring cottages, tearooms, and open air grassy areas. Try the famous regional specialities like Kiri no Mori daifuku (green tea mochi stuffed with cream) and Kassui tofu, or take a break by the cool waters of the Umategawa River.
Opening Hours: 10am-5pm, *Tuesday to Sunday. Where Monday is a public holiday the park is open, and closes the following Tuesday.



Kiri no Mori Restaurant I-13
霧の森レストラン

Encircled by river and forest. Try the Oboro tofu and enjoy the taste of fresh mountain vegetables!
Opening times: 11am-8pm

Leisure

Shikokuchuo City

楽しいことには
少しの

冒険が
必要なんだ

Shiohigari

潮干狩り E-5

The mouth of the Sekigawa River, where wide shallow beaches stretch for hundreds of metres, is well known as a premiere place for clamming. During the clamming season the beach is a bustle of families enjoying digging for shellfish in the bracing sea air.



Kinshako H-9
金沙湖

Stretching between the Shikoku and Houou mountain ranges the 7km long Kinshako is an artificial lake resulting from the construction of Yanase Dam in 1954. The 290m high lake surface picturesquely reflects the green of the mountains and the crimson of the Hirano Bridge. The name comes from *kinsha* - gold dust - which people collected in the Dozangawa River in the time of the Kotoko Emperor, 1300 years ago. Water mills, gazebos, gallery, playground, toilets and parking for 50 vehicles.

Kinshakohan Park

金沙湖畔公園 I-8



Skyfield Tomisato

スカイフィールド富郷 I-7

A place to play rugby, soccer or any other open air sport. The three natural turf playing fields are kept green all year round making it a perfect place to enjoy a game or two.



Yamajikaze Wind Park

やまじ風公園 G-3

The powerful wind known as the Yamajikaze blows mainly in spring and autumn. The entrance to this eponymous park is liberally planted with the local Akaishigoyomatsu pines and is home to a clock-windtower for observing wind direction. The park's extensive facilities make it a popular spot for sports and other events.



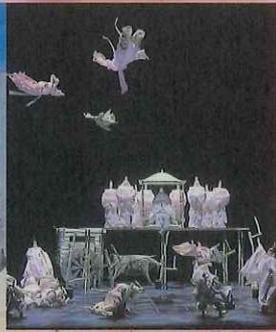
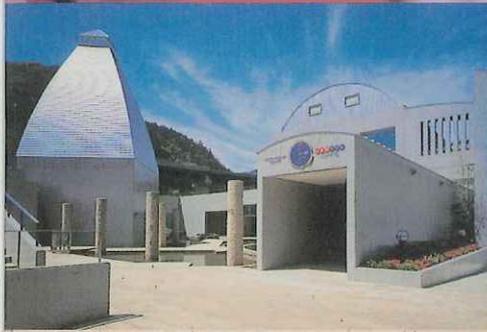
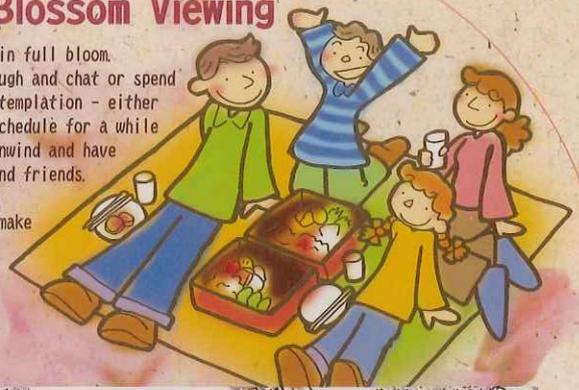
History

Shikokuchuo City

ほんものに出会うのに
 楽しみにする

Cherry Blossom Viewing

The cherry trees in full bloom. A tasty bento. Laugh and chat or spend time in quiet contemplation - either way forget your schedule for a while and just relax, unwind and have fun with family and friends. When the cherries blossom, why not make a day of it?



Kiri no Mori Imawamukashi Museum

霧の森 いまはむかしミュージアム

I-13

Home to 300 dolls woven out of traditional Japanese paper, this art gallery is also a museum of historical village life.

Opening Hours: 10am-5pm. Admission: Adults 500yen, Senior Citizens 300yen, Children 300yen



Kawanoe Shiroyama Park

川之江城山公園

C-10

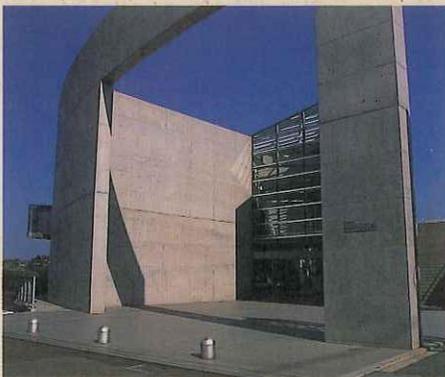
In the time of the Northern and Southern Dynasties (1336-1392), a military commander from the Northern Dynasty called Kono built Kawanoe Castle (also known as Butsuden Castle) on Washio Mountain. The borders of the kingdoms of Sanuki, Awa and Tosa (present day Kagawa, Tokushima and Kochi respectively) were constantly under dispute, and when the castle finally fell to invaders the daughter of the lord of the castle, the princess Toshihime threw herself into the sea (the tragic tale of the Princess of the Peak). The death of the princess is recorded in a haiku lament by Yosano Akiko. Well known for its cherry blossoms and camellias in spring, and the autumnal foliage of Japanese maples, the park is a beautiful place to visit in any season.

Castle tower Opening Hours: 9am-4pm

Open Tues-Sunday (where Monday is a public holiday the castle will open and then close the following Tuesday)

Closed: December 29 to January 3

Admission (Castle tower): Adults 100 yen, children 50 yen (park admission is free)



Kawano Takahara Furusato Centre

かわのえ高原ふるさと館

D-10

Located on a high plain with glorious views this shining facility provides resources on history and culture for lifelong education and the like.

Opening Hours: 9am-4pm

Open Tues-Sunday (where Monday is a public holiday the museum will be open and close the following Tuesday)

Admission: Free Enquiries: 0896 28-6260



Manabeke Jutaku

真鍋家住宅

C-12

This private residence, designated as a Cultural Asset of National Importance, is found in Kiriya Mountain where, according to folklore, the Heike warriors fled in defeat. Built in the Momoyama period (1583-1602AD) it is regarded nationwide as an exceedingly old and important relic.

Opening Hours: 8am-5pm Admission: 200 yen

Enquiries: 0896 58-8078



Susukigahara Field

すすきが原

G-4

A famous cherry-viewing spot. If you visit when the cherries are blooming you will find the place crowded with families and groups having a good time amongst the riot of cherry blossoms. In the adjoining Doi Shrine stand slabs etched with haiku. A charming place to visit no matter what the season.

Kami no Machi Shiriyokan

紙のまち資料館

D-10

Here you will find examples of all the varieties of paper produced throughout the city, plus direct sales, production schedules and paper industry planning offices. You can also experience hands-on how to make paper including decorative Japanese cord (*mizuhiki*).

Opening Hours: 9am-4pm

Open Tues-Sunday (where Monday is a public holiday the centre will be open and close the following Tuesday)

Closed: December 29 to January 3

Admission: Free Enquiries: 0896 28 6257

East Akaishi Mountain

赤石五葉松

L-2

Akaishi Goyomatsu pines grow wild on the eastern summit of Akaishi Mountain. These pines have vivid green leaves and the underside is a strong silver. They grow densely and the bark quickly appears old, making them perfectly suited for bonsai and a variety widely sought by collectors/fanciers.

Try making paper by hand!

Visit the City of Paper Resource Centre and you can try your hand at all the stages of paper-making the old fashioned way. Check out the paper-making corner where you can make your own postcards or book-marks out of traditional Japanese paper. A friendly guide is always on hand to help you so come on and have a go!





Tomisato Camping Area

富郷キャンプ場

J-6

Whether splashing about in the Dozangawa River or taking a stroll through the woods you'll have a good time at Tomisato camping ground. The camp is divided into two areas, complete with four six-person cabins and one ten person cabin, shared kitchen facilities, toilets, designated camping areas and grassy areas.

Open for use! July 1 to August 31

Enquiries: 0896 23-2500

Kiri no Kogen Camping Area

霧の高原キャンプ場

I-15

A fully-equipped camping ground located 1000 metres above sea-level in the meadows of the Shiozuka tableland

Open: April to October

Opening Hours: 10am-4pm

Open Tues-Sunday (where Monday is a public holiday the castle will open and then close the following Tuesday)

Note that the camp will be open during Golden Week.



バーベキューハウス



自然の中で遊ぶ泊まる

While gazing at the starry sky, a moment to talk with family and nature

Just looking at the countless stars scattered across the night sky makes you feel at one with nature. Leave the TV and radio at home and really come to appreciate the great outdoors. With an astronomy picture book or constellation chart in hand have fun observing the stars, but don't stay up too late - enjoy the quiet and then get an early night!

Work together to pitch a tent!

To safely set up your tent you need a level area with good drainage. And be careful of how much direct sunlight and wind exposure you get. Sharing the work and cooperating is important - Dad and big brother set up the tent, Mum and sis set the table!



Kiri no Kogen Camp Centre House

霧の高原キャンプ場センターハウス

I-15

The information centre for Kiri no Kogen Camping Area. The centre has light meals, shops, camping equipment for hire plus shower and laundry facilities.



プレイグレンデ



Kiri no Kogen Autocamp

霧の高原オートキャンプ場

I-15

This site has powered campsites, kitchen ranges, washing up facilities and a parking area.



Kiri no Kogen Cottage

霧の高原コテージ

I-15

Concealed by the morning mists, the quaint Kiri no Kogen cottage.



Paragliding

パラグライダー

I-14

Shiozuka Kogen is the premiere paragliding spot in Shikoku. Won't you take a flutter in the sky?

アウトドアの楽しみ方はいろいろ



Outdoor Leisure
The best part is eating in the open air!

All things considered, the best part of the outdoors is eating in the open air. At home Dad may leave things to Mum but on camp it's Dad's turn to flex his muscles and cook dinner. For a barbecue it's as easy as getting the food prepared at home, sticking it on skewers and cooking it over a portable charcoal grill. After the meal make sure you put out the fire and clean up!

Over Hill and Dale by Mountain Bike

Riding mountain roads and trails is a lot of fun. Take your mountain bike out of the campsite and into the forest and who knows what you might discover. Be careful of people trekking and don't go too fast. And don't forget that cyclists should be take care of the surrounding vegetation and not cause damage to the environment.



Mori no Kohan no Koen Autocamp

森と湖畔の公園 オートキャンプ場

D-11

The camp is located amongst fields of irises, grassy areas, forest and countless nature viewing spots. And you can enjoy fishing all year round. There is always something to do at this campsite.

Powered Site: Open April 25 to October 31 (November 1 to April 24 day visits only)

Entry hours: 2pm-10am

Fees: 2000 yen per site per night (1000 yen for day use)

Closed: October 14 to 15, December 29 to January 3

Enquiries: 0896-28-6269

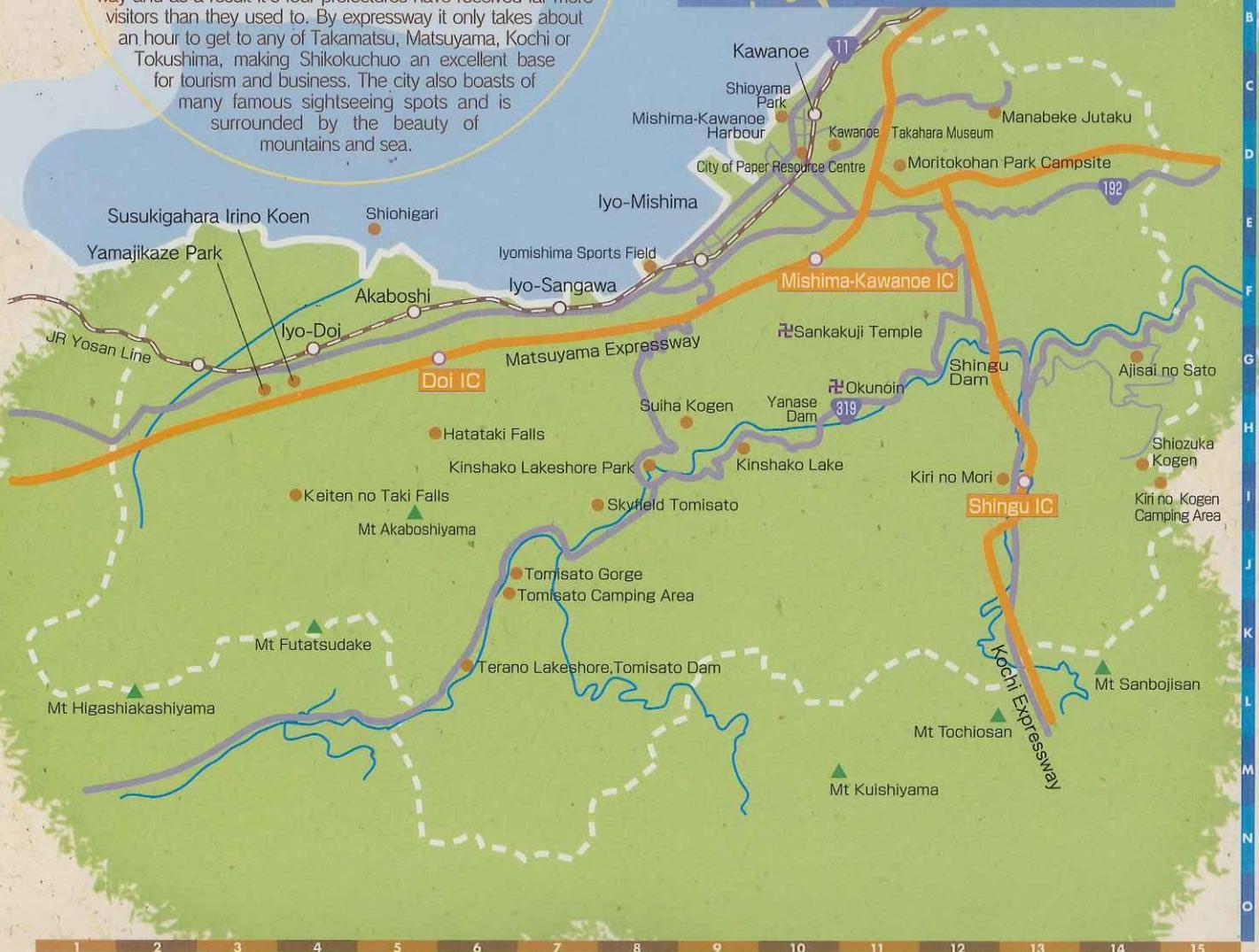
waiwai map

Packed with fun!

Nurtured by the Houou Mountain Range and the Hiuchi Strait Shikokuchuo is a city of vitality, culture and cultural exchange

What sort of place is Shikokuchuo City?

The city of Shikokuchuo was formed on April 1 2004 and as the name says ("chuo" means middle), it sits in the centre of the part of Shikoku which faces the Seto Inland Sea. Because of its geographic centrality the area in which Shikokuchuo City lies has from time immemorial been a hub of trade and culture and blessed with an abundance of history. Presently Shikoku is connected to Honshu by three bridges, the Seto-chuo Expressway, Nishiseito Expressway (Shimanami Kaido), and Hanshin Awajinaruto Expressway and as a result it's four prefectures have received far more visitors than they used to. By expressway it only takes about an hour to get to any of Takamatsu, Matsuyama, Kochi or Tokushima, making Shikokuchuo an excellent base for tourism and business. The city also boasts of many famous sightseeing spots and is surrounded by the beauty of mountains and sea.



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 ☎ 0896-28-6005 (English or Japanese)