

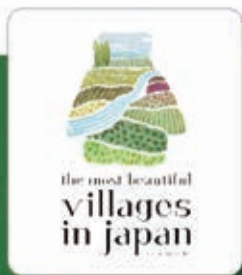


Welcome to Kamikatsu
A natural, relaxing, IRODORI brand town

上 勝

KAMIKATSU


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 Forestation over a millennium 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 **1,400** people, it is the smallest town in Shikoku



Tsukigatani Hot Spring Village campground
Pangaga field/Irodori Bridge

CONTENTS

- 03 Sights
Terraced rice fields, mountains, gorges, etc.
- 09 Dining
Enjoy the town's cuisine
- 11 Shopping
Kamikatsu's specialties
- 13 Stay
Inns, farm stay, etc.
- 15 Experiences
Various programs for experiencing Kamikatsu
- 17 Sightseeing map



Kamikatsu was selected as an SDG Future City on June 15, 2018

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



43 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".)

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

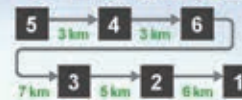
These relatively large terraced rice fields are stacked along the mountainside. Since they are managed in a manner that keeps the number of dormant fields low, they provide a view of beautiful seasonal terraced rice fields.

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.



Visit a small mountain
Nature

Mt. Takamaru

Avabuchi, 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

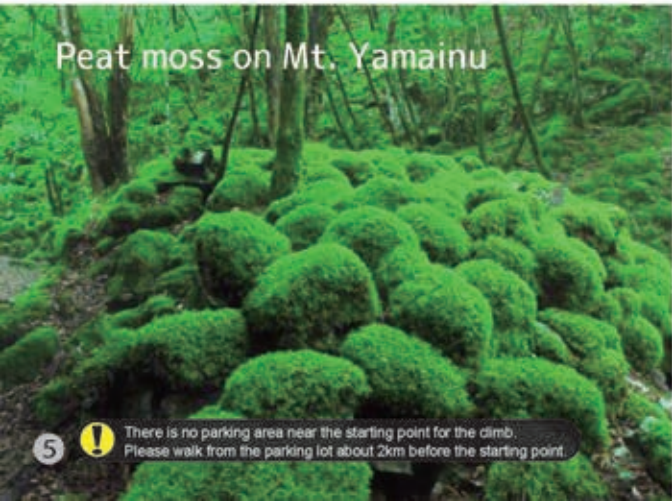
MAP G-6

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.

Features traffic information on the Super Forest Road
Tokushima Forest Road Guide
<https://rindonavi.com/>



Peat moss on Mt. Yamainu



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.



Onbuchi and ¹Menbuchi ²MAP 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 ³MAP H-7

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

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.

Area connected with Kobodaishi



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

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.

▼ 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: April 1 – October 31

* Closed during Obon season (August 13-15) and inclement weather.

8:00–14:00

(¥) Guide fee: 5,000 yen, 1,000 yen per person (Reservations required. Contact the facility for details.)

Reservations cannot be accepted for days when a guide is unavailable.

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 Katsura River. It is said that Kobodaishi trained here on the rocky tract of Ryozan Tsukigatani.

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203 Fax: 0885-46-0100

Open: 10:00-20:00

Closed: No specified days closed (check the website for details)

(¥) Adults (including junior high school students) 650 yen/

Children (Age 3 and older) 350 yen



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

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. Yamano.

Seasonal flowers that brighten the town

Cherry blossoms on Bishu Lake Masaki Dam Park

MAP I-5

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



Sanga no Sato (Open Garden)

MAP I-4

The private garden is open to the public free of charge. Seasonal flowers are looked after with care, allowing visitors to enjoy the views. Please follow the proper etiquette while looking around the garden.

Address: 6 Aza Nakazu, Oaza Masaki, Kamikatsu-cho



Irodori Park

MAP H-4

There is a cherry blossom viewing spot with over 200 trees around the Town Clinic in Masaki, Kamikatsu.

In bloom: roughly late March–early April

Address: around 111 Aza Nishiura, Oaza Masaki, Kamikatsu-cho

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.



Think about the lives of people in the past

Yoshinari Tunnel

MAP G-10

The cedar forest around this area used to be terraced rice fields. The photograph shows a masonry tunnel with a total length of about 30 meters built to provide water to the rice fields.

Masonry of Yoshinari

MAP G-10

The tunnel was constructed using a technique called nozurazumi, which combines the various sizes of stones.




Dining

Enjoy the town's cuisine



Tsukigatani Hot Spring <Also see: p. 7, 11, 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: 11:30-14:00 / 16:30-19:30 (last order) / 20:30 CLOSE
Closed: No specified days closed (please check the website)



Saseragi Shokudo MAP H-7



Local older men cut down cedar trees and built this cabin, where you can listen to seseragi (the murmur of a stream) and appreciate the greenery. Why not enjoy lunch, beverages, and sweets and spend a relaxing time there?

Menu: The set meal comes with homemade shumai dumplings and side dishes of fresh vegetables and edible wild plants, coffee, and other beverages.

Address: 20-1 Aza Maruyama, Oaza Asahi, Kamikatsu-cho Tel.: 050-3438-8310
Open: 11:30-15:00 (last order) / Closed: Mondays-Thursdays



Cafe polestar 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: 11:00-17:00 (last order 16:30)
Closed: Every Thursdays, Fridays, The first Monday of every month
*There may be temporary closures. Please check the business information on social media and other sources.



TONPUKU MAP H-7



TONPUKU.JP

Serves handcrafted ice cream and gelato made from seasonal fruits, vegetables, wildflowers, and ingredients sourced from mountain trees. About eight flavors are available.

Menu: Gelato and other products

Address: 62 Aza Hirama, Oaza Fukuhara, Kamikatsu
Open: weekdays 13:00-17:00/Saturdays, Sundays, and holidays 12:00-17:00
Closed: Mondays, Fridays, and other irregular days
*Please scan the QR code to check the opening days and the latest information.



PERTORNARE MAP H-7

<Also see p. 11>



This relaxed, hideaway restaurant is housed in a remodeled old traditional home. It serves Italian cuisine made using seasonal local ingredients.

Menu: lunch, dinner, course meals

Address: 71 Aza Furukawa, Oaza Fukuhara, Kamikatsu Tel.: 080-3165-7153
Open: lunch Saturdays, Sundays, Mondays
12:00-15:00 (last order 13:00)

dinner Wednesdays, Thursdays, Fridays, Saturdays, Sundays
18:00-22:00 (last order 21:00)

(Bar last order: 23:00) *Reservations only made by the day before
Closed: Tuesday and other irregular days



RISE & WIN Brewing Co. <Also see p. 14>

MAP I-4

BBQ & General Store



This restaurant has started offering casual dishes made with local ingredients from Kamikatsu and sells products by weight, craft beer, and souvenirs.

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: Wednesdays, Thursdays, Fridays 10:00-16:00/
Saturdays, Sundays, and holidays 9:00-16:00
Closed: Mondays, Tuesdays, first Wednesdays

@KAMIKATZ_BEER



Cafe Ikumi MAP F-5

The best recommendation is the slightly spicy curry with stewed Awaodori chicken!
The cafe has opened Ikumi Campsite, a campground for small groups.

Menu: Curry with stewed Awaodori chicken, "bancha" chai made using Kamikatsu bancha tea, etc.

Address: 12 Aza Taniguchi, Oaza Ikumi, Kamikatsu
Open: 12:00-15:00/Closed: weekdays
* 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.: Mr. Yoshihira 090-2783-2933

Open: 10:00-18:00/
Business hours are printed on the banner hanging in the entrance.
Closed: Thursdays



Restaurant & Bar IRORI

 Free in-town shuttle!



Bar Irori is housed in a remodeled traditional house deep in the mountains. In 2022, a doburoku (unrefined sake) brewery was opened on the premises. The bar plays jazz and rock music where local residents gather together, and it serves as an exchange base for people inside and outside the town.

Menu:  Drinks: Home-brewed doburoku, cocktails, whiskey, and other beverages.

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

Open: Bar Every Fridays, Saturdays 18:00-23:30 (last order)

<Also see: p. 14>
MAP H-8

Stay



MAP
H-5

HOTEL WHY

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

Address: 7-2 Aza Shimohiura, Oaza Fukuhara, Kamikatsu
Tel.: 070-2616-9012
Open: 9:00-17:00 (check-in: 15:00-16:30; check-out: 10:30)
Closed: first Tuesdays, year-end/New Year's holidays Rates: from 17,600 yen (per night, per person; breakfast included)



MAP
H-7

Tsukigatani Hot Spring/Bungalows

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 Hirma, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203
closed: irregularly (please check the website)
Rates: 14,400-yen (per night, per person; dinner and breakfast included)
Other information: minimum 2 guests/standard 4 guests (maximum 6 guests)



You can leisurely enjoy your food and drink in a quiet, villa-like place. The restaurant has one guest room on the second floor of the main building.

PERTORNARE

MAP
H-7 <Also see: p. 10>

Address: 71 Aza Furukawa, Oaza Fukuhara, Kamikatsu
Tel.: 090-7627-4455 /Closed: Tuesday and other irregular days
Weekdays 1-2 persons: 29,700 yen/3-4 persons: 26,400 yen (per night, per person; dinner and breakfast included)
Weekends 1-2 persons: 31,900 yen/3-4 persons: 28,600 yen (per night, per person; dinner and breakfast included)
Other information: Reservations required
One group (up to four persons) per day, Check-in: 15:00-20:00 /Checkout: 10:30 next day



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

Tsukigatani Hot Spring/Tsukinoyado

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 Hirma, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203
Closed: irregularly (please check the website)
Rates: 14,400-yen (per night, per person; dinner and breakfast included)



MAP H-7
<Also see: p. 15>

Tsukigatani Hot Spring Village campground pangaea Field

A campsite on the banks of the Katsuura River where you can immerse yourself in nature by a limpid stream! The cottages are finished like log houses with the warmth of natural wood.

Address: (same as above) Pangaea, 4 Aza Kawakita, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0345
◆ Auto campsite: From 3,850 yen (one section)
◆ Cottage: From 4,400 yen (per person)
Rates vary depending on the season.



A private glamping accommodation, limited to one group per day, allowing you to connect with nature as you please. Operated by RISE&WIN Brewing Co., which offers zero-waste craft beer and an organic lifestyle.

KAMIKATZ Rolling Room

MAP
I-4

Address: 237-2 Aza Hirma, Oaza Masaki, Kamikatsu
Tel.: 0885-45-0688
Rates: From 14,300 yen (per night, per person, without meals) - / 18,800 yen (per night, per person; dinner and breakfast included) -
Other information: Pets allowed (with designated room)
Open: Wednesdays, Thursdays, Fridays 10:00-18:00
Saturdays, Sundays, holidays 9:00-16:00
(Check-in: 15:00-17:00, Checkout: 10:00 next day)



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: 7,300 yen (per night, per person; dinner and breakfast included)/ accommodations available for 10 people



"Feeling good, relaxed, and looking up at the cherry blossoms in the garden" You can spend a leisurely time in a quiet guesthouse in a mountain village.

Pension Niwazakura

MAP D-8

Address: 6-3 Aza Yaaji, Oaza Asahi, Kamikatsu
Tel.: 090-2626-8384 Open: Year round
Rates: 6,000 yen (per night, per person; dinner and breakfast included) 4,000 yen (per night, per person, without meals)
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/ accommodations available for 5 people



Hanabiyori farm stay

MAP F-8

This farm pension's hospitality includes set meals homemade 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.: 0885-33-1037 Open: year-round
Rates: 5,500 yen (per night, per person; dinner and breakfast included/experience charges included) 4,500 yen (per night, per person; accommodations only/experience charges included) 3,000 yen (one day experience; the harvested produce can be taken home)
Other information: Reservations required (make reservations at least three days in advance of the date of stay)/ accommodations available for 8 people



Satogaeri farm stay

MAP E-8



Yamanogakko-Shizen no Yado Asahi

MAP F-8
<Also see: p. 16>

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. Barbeque 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)



A self-catering accommodation where you can enjoy meals sitting around the irori fireplace. You can also experience the life of the Showa era, such as cooking rice on a kamado stove and enjoying the bath heated with firewood.

Kamikatsu Eido

MAP F-8

Address: 62-1 Aza Kamino, Oaza Ikumi, Kamikatsu Tel.: 0885-42-4655
5,000 yen (per night, per person, without meals; bringing food allowed, elementary school children: 3,000 yen, preschool children: free)
10,000 yen (per night, per person, with two meals, elementary school children: 6,000 yen, preschool children: free)
Other information: Reservations required (make reservations at least three days in advance of the date of stay)



Yamaai farm stay

MAP G-7

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

Experiences: Making mugwort rice cakes, making kokedama moss balls, chopping firewood, and other activities
Address: 79 Aza Shimon, Oaza Ikumi, Kamikatsu Tel.: 090-6821-6688
Open: Year round Rates: 7,700 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 7 people

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

Shopping

Kamikatsu's specialties



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

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.



The queen of freshwater fish lives in the Katsuura Rive **Red-spotted masu salmon** 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.

Bando Foods Co., Ltd. Food & Beverage

We have acquired certification for organic farming and processing in Kamikatsu, Tokushima Prefecture. Our business includes the production, processing, and sales of sudachi, yuzu, and yuko citrus fruits. Although our farm is small, we are engaged in farming while protecting the environment and nature and exploring better ways to grow and eat food. Focusing on ensuring our processed products made with fruit juice are safe, secure, and delicious, we try to avoid using additives or unnecessary ingredients as much as possible.

JA Higashi Tokushima Katsuura Branch Juicing Facility MAP 1-4 Food

Yuzu, yuko, and sudachi are three major sour citrus fruits of Kamikatsu, and the seasoned ponzu sauce made with these ingredients can be used in various dishes all year round. Why not try comparing the taste of each fruit juice vinegar?
Address: 88-85 Aza Nakazu, Oaza Masaki, Kamikatsu Tel.: 0885-45-0170
Open: 8:30-17:00 / Closed: Saturdays, Sundays, holidays

Kamikatsu Honpo (Kamika Tourist)

Kamikatsu's confectionery Yukou cheesecake, a Japanese-style cheesecake made with crispy dough, white bean paste, cream cheese, and yuko citrus fruit.

Irodori Foods Group Food & Beverage Ice Takadon

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

KINOF Irodori Co., Ltd.

Towels made from cedar wood. Light, soft, and quick-to-dry towels were born by utilizing thinned wood of cedar trees from Kamikatsu and spinning it into yarn.

Website: kinof.jp Tel.: 0885-46-0166

Shop here for local specialties!

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



Ikkyu Chaya Tea Food Ice Takadon Food & Beverage General Goods MAP H-5

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 Shimohiura, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0198
Open: 8:30-15:00 / Closed: Tuesdays



Tsukigatani Hot Spring Tea Food Ice Takadon Food & Beverage General Goods MAP H-7

Address: 71-1 Aza Hirama, Oaza Fukuhara, Kamikatsu
Tel.: 0885-46-0203
For details, see p. 11



Garakuta Kobo MAP I-4 General Goods

The workshop is filled with the scent of cedar and cypress where mechanical toys crafted with kumiki (wood joinery) techniques, yusanbako (three-tiered, wooden lunchboxes), and other items are available for purchase.

Address: 241 Aza Hirama, Oaza Masaki, Kamikatsu Tel.: 090-8975-8659



Mokusan Co., Ltd. MAP H-5 General Goods

Our company sells products produced by making the most of trees in Kamikatsu! In our showroom, cherry wood chopstick rests, birdhouses, chopping boards, and more are always on display for sale. We also design and build wooden decks and wooden fences, so please feel free to contact us for more information.

Address: 7-1 Aza Shimohiura, Oaza Fukuhara, Kamikatsu Tel.: 0885-46-0693



Kurukuru Kobo (Hidamari) MAP H-5 General Goods

Carp streamers and kimonos that are no longer used are transformed into stuffed toys and clothes for sale. Custom-made orders are also available.

Address: 94-4 Aza Shimohiura, Oaza Fukuhara, Kamikatsu Tel.: 0885-46-0122
Open: weekdays 8:30-17:00



Kamikatsu Forest Environment Corporation MAP H-5 General Goods

We are a forestry company that engages in the nurturing and thinning of trees and forest stand surveys. As part of the Kizukai Movement that encourages people to interact with trees, we plan and sell woodwork products made of cedar and cypress from the prefecture.

Address: 18-4 Aza Shimohiura, Oaza Fukuhara, Kamikatsu Tel.: 050-3438-9545
Open: 9:00-17:00 / Closed: Thursdays



Terupen Kobo MAP F-8 General Goods

Wooden toys made of cedar grown in Tokushima Prefecture and Terupen's amazing chairs

Address: 121 Asahi Kozumata, Kamikatsu Tel.: 090-7781-0938



Takahoko Construction Sake Brewing Division MAP H-4 Liquor

Our liquor products are made using rice from Kamikatsu's terraced rice fields that grow rice amid fresh air and mountain spring water.

Address: 146-4 Aza Nishimine, Oaza Hoji, Kamikatsu
Tel.: 0885-44-1388 Open: 10:00-18:00 / Closed: Sundays, holidays



RISE & WIN Brewing Co. MAP I-4 Food Tea

BBQ & General Store

This craft beer is made using local town specialties of yuko citrus and Kamikatsu bancha tea.
Address: 237-2 Aza Hirama, Oaza Masaki, Kamikatsu
Tel.: 0885-45-0688 Closed: Mondays, Tuesdays, first Wednesdays



Hermitage Valley Sake Brewery (Kamikatsu Frontiers) MAP H-8 Liquor

We produce doburoku (unrefined sake), liqueur, and amazake (sweet drink) prepared from rice grown in Kamikatsu's terraced rice fields.

You can enjoy them at the adjoining Bar Irori. Reservations are required for the brewery tour.
Address: 27 Aza Annotani, Oaza Fukuhara, Kamikatsu Tel.: 090-2789-8577



Nakata Shoten MAP F-8 Tea

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



Fukuhara Shoji MAP G-7 Liquor

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



Takeichi Shoten MAP F-8 Liquor

Address: 16-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-46-0035

Experiences

Kamikatsu Awa Bancha tea tasting with Shinobu-chan

The flavor of Bancha tea varies depending on the person who produces it, so please try to compare an infinite variety of teas. The tasting is available at your preferred location. From 2,000 yen per person.
Experiences: Bancha tea tasting

"Shinobu-chan no Banchaya, Naoko Yagi"
Email: nn7wooc@gmail.com

An intersection between people and the forest

Medicinal herbs lessons.▲

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

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

Sennennomori Fureaikan MAP F-8

Address: 66-1 Aza Nakamura, Oaza Asahi, Kamikatsu
Tel.: 0885-44-6680
Open: 8:30-18:00 / Closed: Wednesdays
admission: free Website: <http://www.1000nen.biz-awa.jp/>



Why not make your own Kamikatsu Awa Bancha tea?

If you become the owner of a wooden bucket through the Project for the Future of Kamikatsu Awa Bancha, you can experience the tea production process from harvesting, making, drying, and sorting to selling. Using the traditional production method—a nationally designated Important Intangible Folk Cultural Property, why not make your own Kamikatsu Awa Bancha?

Experiences: Tea harvesting, making, sorting, and other processing

MAP G-7

Kamikatsu Awa Bancha Association

Address: 91-1 Aza Kamino, Ikumi, Kamikatsu Tel.: 090-2786-3531
Website: <https://www.kamikatsuawabanchakyokai.com/>
Closed: irregularly



▲Yahho point tour

▲Kamikatsu Satoyama Scooters

ESD environmental education

Delivers excitement through a safe natural experience in rural areas with terraced rice fields./We are a NEAL natural experience leadership training organization that educates leaders for risk management and natural experience.

Experiences: Experience of echoes with your loudest voice/Sense of wonder /Scooter for running around terraced rice fields and rural areas/Brain training instruction manual

Kamikatsu Natural Experience Learning Research Committee

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

MAP G-6



Reusing what you no longer need

Kurukuru Kobo invites you to experience saori weaving. You can make coasters and other items by interweaving disused and torn cloth, wool yarn, and threads in your own way.

Experiences: Weaving experience with torn cloth (Advance reservations required)

MAP H-5

<Also see p. 14>

Kurukuru Kobo

Address: 94-4 Aza Shimohira, Oaza Fukuhara, Kamikatsu
Tel.: 050-3438-9545 Open: 9:00~17:00 / Closed: Thursdays



▲Zero Camp in winter

▲Zero Camp in the summer
Getting to know the river

<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.

MAP H-7

<Also see p. 11>

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 G-8

Feeling the yarn and fabric made from cedar wood

Kamikatsu is disseminating KEETO, a new domestic natural fiber made from cedar wood. We would love everyone to know about it, so why not join us for this easy-to-follow workshop?

Experiences: Making KEETO tassel accessory/Dyeing KINOF fabric with vegetable dyes/Indigo dyeing (limited time)

Sugitoyama Jiden Atelier

Address: 20 Aza Maruyama, Oaza Asahi, Kamikatsu
Website: <https://sugitoyama.jp/>



▲ Mt. Yamainu guide

▲Somen noodle stream experience

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.

MAP F-8

<Also see p. 12>

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>

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 Not including the spawning season of October 20–November 10	Late July Kamikatsu Summer Festival	13 Hoji Obon gathering	Mid-September Kamikatsu joint athletic festival	October–start of November Autumn festivals in individual settlements	Early November Music festival in the terraced rice fields	December
					Rice planting Mid-May–mid-June	26th day of the seventh month of the lunar calendar Akiba Shrine, "Three Moons"	15 Asahi Obon gathering	Late September Kamikatsu-Awa Bancha Festival	October 1: Yaeji October 5: Ichii Physical Education Day: Tanono October 13: Nojiri October 14: Kawanishi	October 16: Fukugawa October 18: Yanagidani October 19: Fukuhara October 21: Fujikawa November 3: Sazu November 3: Hoji	
			Azaleas (Ochial Senbon Tsutsuji) Late April–early May	Primeval beech forests (Mt. Takamaru) Early–mid May		Bancha Tea harvesting: July Tea drying: August		Rice harvest: Late September–early October	Yuko citrus harvesting October	Yuzu citrus harvesting November	
		Cherry blossoms Late March–early April			Peat moss on Mt. Yamainu June–July		Sudachi citrus harvesting Late August–mid-September		Fall colors (Mt. Takamaru/Mt. Yamainu/Tonogawauchui Gorge) Late October–early November		
		Jugatsuzakura Early April						Amaryllis flowers Late September	"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.



Distances and times from Kamikatsu Town Hall to main sightseeing spots

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

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

Please see this website for a detailed sightseeing map.

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)

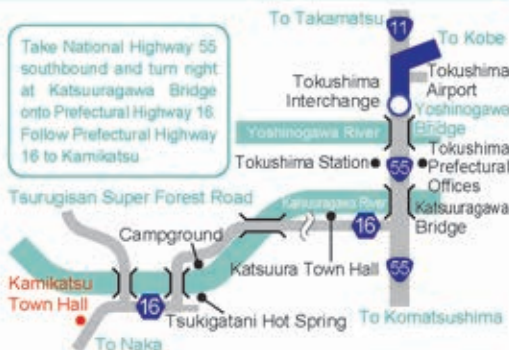
▶ Tokushima Station – Kamikatsu

🚗 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 Yakubamae Bus Stop to get 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

➡ 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

- ➡ Fares vary depending on the distance
- ➡ Can be chartered by the hour
- ➡ For more details, please scan the QR code.

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 2024.



Kamikatsu Town official website



Kamikatsu Town relocation website

For those considering relocation!