



Welcome to

KANSAI

FOOD TOURISM



SHIGA
KYOTO
OSAKA
SAKAI
HYOGO



KOBE
NARA
WAKAYAMA
TOTTORI
TOKUSHIMA



UNION OF KANSAI GOVERNMENTS

Welcome to KANSAI!

FOOD TOURISM

For more than 1,000 years the Kansai region was home to the capital of Japan, and continues to be at the heart of Japanese culture. Traditions like *Washoku* cuisine and the tea ceremony were refined here in Kansai and continue to thrive to this day. Combined with new food culture like sweets, desserts, and ramen, the region is bursting with flavours and gives visitors the chance to savour a wide variety of Japanese cuisine. This booklet introduces a variety of fun experiences related to tasty Japanese food, and we hope that it will help you embark on a journey full of delicious discoveries and experiences in Japan.



TOTTORI
Prefecture

Tottori Prefecture boasts the largest annual catch of crabs in all of Japan. Also, it is home to the only museum in Japan focusing on pears.



HYOGO
Prefecture

Himeji-jo Castle (World Heritage Site) is in Hyogo Prefecture, which is famous as one of the best production areas of sake. Enjoy sake and its side dishes made from high-quality ingredients of Hyogo Prefecture.

TOKUSHIMA
Prefecture



Tokushima Prefecture is rich in nature, including Naruto no Uzushio (Strait), "greatest whirlpools," and Oboke Kobo.

KOBE
City

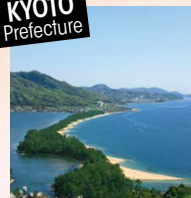


Kobe boasts Arima Onsen, the oldest hot spring in Japan. The world famous Kobe Beef and Kobe Sweets are representative of Western-Japanese blended culture of the international port city.

TOKUSHIMA

HYOGO

KYOTO
Prefecture



Kyoto Prefecture is famous for Uji-cha, the pre-eminent brand of Japanese tea. The north of the prefecture, home to one of Japan's Three Scenic Views, the great sandbar of Amanohashidate, is also famous for its plentiful seafood and marine products.

A historic city representing Japan. The food culture of Kyoto has developed along its history as the capital of 1,000 years.



KYOTO
City

© Kyoto Hanatoro Promotion Council

SHIGA
Prefecture



Shiga has Lake Biwa, the largest lake in Japan. Blessed with its abundant water, Shiga has been well-known as a rice-producing district from old times.

OSAKA
Prefecture



Osaka Prefecture is the industrial center of western Japan, where the Kansai International Airport is located. It is also famous for a wide variety of tasty foods.



SAKAI
City

The mausoleum of Emperor Nintoku is located in Sakai City, the birthplace of Sen-no-Rikyu, the tea master who perfected the Wabi-cha, a simple tea ceremony. Tea ceremonies are popular in Sakai.



OSAKA
City

© Osaka Convention & Tourism Bureau

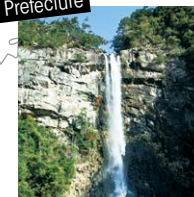
Osaka City has so many tasty foods that it is called Kuidaore (where people spend all their money on food) or the Kitchen of the Country.

NARA
Prefecture



Nara Prefecture is where Japan's oldest capital was placed. Nara is also the birthplace of Japanese sake and somen (Japanese vermicelli).

WAKAYAMA
Prefecture



The tallest waterfall in Japan, Nachi-no-taki is in Wakayama Prefecture. Being "a land of water," it is rich in nature and agricultural products.

NARA

WAKAYAMA

KOBE

OSAKA

SAKAI

OSAKA

NARA

KYOTO

KYOTO

SHIGA

TOTTORI

TRADITIONAL FOOD CULTURE

The Kansai region has flourished as the geographical and cultural heart of Japan for over a millenium, its long history having developed many of Japan's traditions. Here in Kansai you will find that refined cuisine such as *Washoku*, the traditional cuisine designated as a UNESCO World Intangible Cultural Heritage, the tea ceremony, *sake*, and classic *wagashi* sweets still exist as normally as they have ever done.

2 KANOU SHOJUAN SUNAI NO SATO



Making Japanese sweets

A genuine wagashi (Japanese sweets) making experience at Kanou Shojuan, a long-established wagashi shop in Shiga Prefecture. Kanou Shojuan is located by the Seta-gawa River flowing out of Lake Biwa. Enjoy the tea ceremony, meals and a walk around the facility.

SHIGA

☎ 4-2-1 Oishiryumon, Otsu City ☎ 10:45-12:15*Schedule may change according to the season. (For an application with over 15 people, other days of the week are negotiable.) ☎ 2,700 yen (with tax) ☑ Reservations required 4 days in advance ☎ <http://en.biwako-visitors.jp/spot/detail/85>

3 AYUYA NO SATO



Factory tour, tasting

At the factory, you can enjoy watching the manufacturing process of the products including Tsukudani (food simmered in sweetened soy sauce) of fish from Lake Biwa, one of the local dishes of Shiga Prefecture, as well as tasting them. Foods are handmade by craftsmen with carefully selected ingredients using modern procedures.

SHIGA

☎ 4187 Yoshikawa, Yasu City ☎ 9:00-17:00 Available: Daily (except January 1, January 29-31) * Factory tours are available on the weekday daytime (except 12:00-13:00) ☎ Free of charge ☑ No reservations required ☎ <http://en.biwako-visitors.jp/spot/detail/43>

1 FUJII HONKE



Brewery tour

Enjoy tasting of homemade delicious sake that was brewed by sake brewers from Noto (Ishikawa Prefecture) with their best craftsmanship, using underground aquifer water of the Echi River, which rises in the Suzuka mountain system on the east side of Lake Biwa in Omi (Shiga Prefecture), and Omi rice, cultivar which is perfect for sake brewing including Tamasaekae brand rice.

SHIGA

☎ 793 Nagano Aisho-cho Echi-gun, Shiga Prefecture ☎ 9:00-17:00 ☎ Daily ☎ Free admission ☑ Reservations required 2 days in advance ☎ <http://en.biwako-visitors.jp/spot/detail/207>

4 TAIHO-AN



Tea ceremony experience

At Taihoan, an authentic tea house near Byodoin Temple (World Heritage Site), a bowl of green tea from Uji, the home of tea, is made and served together with seasonal Japanese sweets, following the tea ceremony procedures. All visitors are welcome, including beginners.

KYOTO

☎ 2 Ujitogawa, Uji City ☎ 10:00-16:00 Available: Everyday from January 10 to December 20 ☎ From 500 yen ☑ Reservations required depending on the course ☎ <http://www.kyoto-uji-kankou.or.jp/>

5 AJIWAI-KAN



Museum tour: Kyoto Food Culture

This is the museum where you can learn about the food culture of Kyoto. In the exhibition room, you can enjoy the exhibits and image display, tasting of Dashi (broth), juice made from fresh fruit and other ingredients from the market, as well as shopping for souvenirs.

KYOTO

☎ Kyoto Seika Center 3F, 130 Chudoji-minamimachi, Shimogyo-ku, Kyoto City ☎ 8:30-17:00 ☎ Closed on: Wednesdays (unless it is a national holiday), December 31-January 4 ☎ Admission free ☑ No reservations required ☎ <http://kir021606.kir.jp/pdf/english.pdf>

8 Washoku Home Cooking



Japanese home cooking and table manners

Enjoy the tea ceremony, Japanese home cooking, making Sushi, Okonomiyaki and Takoyaki with Machiko sensei. Machiko sensei has Japanese teaching experience overseas and will instruct you kindly and thoroughly at her home school.

OSAKA

☎ Sakaisuji-honmachi station, Subway Sakai-suji Line or Chuo Line ☎ 11:00-18:00 Available: Irregularly, and from December 28 to January 4 ☎ 8,100 yen or 5,400 (with tax) Free for one child (Age: 6 and under) ☑ Reservations required 2 days in advance ☎ <http://washoku-hc.com/>

6 FUSHIMI SAKE BREWERS ASSOCIATION



Brewery tour/Tasting of sake, etc.

Seishu (refined sake) is made in the rich nature and climate of Fushimi, and then refined by Kyoto culture. In Fushimi, a sake producing region representing Japan, there are many sake breweries where you can enjoy tours, sampling, and shopping, and sake museums as well.

KYOTO

1/ Gekkeikan Okura Sake Museum ☎ 247 Minamihama-cho, Fushimi-ku, Kyoto City ☎ 9:30-16:30 (check in by 16:15) ☎ Closed: August 13-16, year-end and New Year holidays ☎ Adults: 300 yen Junior/senior high school students: 100 yen *Souvenir: Junmai-shu (180ml sake without added alcohol) or a picture card ☑ Reservations required depending on the course ☎ <http://www.gekkeikan.co.jp/english/kyotofushimi/museum.html> 2/ Kizakura Fushimi-gura ☎ 53 Kajiwara-cho Shimomitsu Yokoo-cho, Fushimi-ku, Kyoto City ☎ 10:00-18:00 ☎ Closed: During the year-end and New Year holidays ☎ Admission free ☑ Reservations required. Call 075-644-4488. ☎ http://www.fushimi.or.jp/sake_guide/

9 DOGUYA SUJI MANUFACTURING EXPERIENCE



Sushi chef experience

Enjoy learning how to make genuine Sushi at TOKISUSHI, a very popular sushi bar in Sennichimae. After the sushi chef, owner of a kitchen knife shop in Doguya-suji explains about Japanese kitchen knives at his shop, you change into a sushi craftsman uniform at a uniform shop, then you are ready to make sushi yourself.

OSAKA

☎ 10-11 Sennichimae, Namba, Chuo-ku, Osaka City ☎ 10:00-11:30 Available: Daily except on each shop's holidays (twice a month) ☎ Adults (Age: 10 and over): 4,980 yen (with tax) Children (Age: 6-9): 3,240 yen (with tax) ☑ Reservations required 7 days in advance ☎ http://designpocket.net/tourism/osakataiken/osakataiken_syokunin/

7 MIYOSHIYA



Hand-kneaded udon noodles making

Enjoy making Udon which has supported the health of Japanese people, listening to the interesting talk of the popular owner of the shop, that was founded in 1987. Two kinds of dipping broth (bonito/curry) are available.

OSAKA

☎ 9-17 Sennichimae, Namba, Chuo-ku, Osaka City ☎ 15:00-/16:00 Available: Mondays, Wednesdays, Fridays Closed on: Thursdays and January 1 ☎ 1.5-hour course: 4,800 yen (with tax) 3-hour course: 6,800 yen (with tax) ☑ Reservations required 2 days in advance ☎ <https://miyoshiya.osaka/experience/udon.php>

10 SAKAI RISHO NO MORI



Tea ceremony experience

Sakai Risho no Mori, or Sakai Plaza of Rikyū and Akiko, is a cultural tourist facility that introduces Sen-no-Rikyū, a tea master and a poet Yosano Akiko, both from Sakai City. Enjoy matcha green tea and Japanese sweets sitting on the stool. You can also experience making green tea yourself under instruction from one of the three Sen-family experts.

SAKAI

☎ 2-1-1 Shukuin-cho, Nishi Sakai-ku, Sakai City ☎ 10:00-17:00 ☎ Closed on: The 3rd Tuesdays (if a national holiday falls on Tuesday, it is closed on Wednesday), year-end and New Year holidays ☎ Ryurei Teicha: Adults 500 yen - ☑ No reservations required for Ryurei Teicha/Reservations required 1 month in advance for the tea ceremony experience ☎ <http://www.sakai-rishonomori.com/wp/wp-content/uploads/2016/03/leaffet-en.pdf>

11 SAKAI CITY TRADITIONAL CRAFTS MUSEUM



Watching Japanese sweets making

The museum displays and sells traditional crafts related to Sakai City. You can watch and feel the expert techniques of craftsmen of cutting tools, incense, rugs and Japanese sweets shown right in front of you. Demonstrations of kitchen knife grinding and resharpening are given regularly.

SAKAI

1-30 Nishi 1-cho, Zaimoku-cho, Sakai-ku, Sakai City ☎ 13:30-15:00 Available: The 1st and 4th Sundays ✖ Closed: During the year-end and New Year holidays and on irregular holidays ☑ Free of charge ☑ No reservations required ☎ <http://www.sakaidensan.jp/en/>

12 IBONOITO MUSEUM SOMEN-NO-SATO



Demonstration: sorting process of somen noodles

A facility where you can experience the traditional techniques of making "Tenobe Somen Ibonoito" (hand-kneaded somen noodles), which is well known and eaten all over Japan, as well as the taste of Ibonoito. After learning about the methods and procedures, enjoy delicious somen dishes at the restaurant.

HYOGO

56 Okumura Kamioka-cho, Tatsuno City ☎ Sorting demonstrations (5 to 10 minutes/5 times a day): 11:00-12:00/13:00-14:00-15:00 ✖ Closed: Mondays and during the year-end and New Year holidays ☑ Adults: 300 yen, Junior/senior high school students: 200 yen, Children: 100 yen ☑ No reservations required *Reservations (by phone) required for groups ☎ <http://www.ibonoito.or.jp/english/>

13 IZUSHI-SOBA



Soba making experience

The soba served on a small, beautiful white Izushi porcelain plate represents Izushi. The Soba Dojo (workshop) was opened in the hope of having you enjoy soba making and the taste of the Izushi sara-soba (soba on a plate) you have just made.

HYOGO

Izushi-cho, Toyooka City ☎ ✖ Differs depending on the shop ☎ 1,600-3,000 yen/person ☑ Reservations required ☎ <http://www.izushi.co.jp/en/makingsoba/>

17 KISSAKO AN



Tea ceremony

You can experience the formal tea ceremony at a very reasonable price here. The owner of Kissako An is serious about the water, green tea powder, and the tea bowl he uses to attentively serve each of you one bowl of green tea at a time, so that you can enjoy the genuine taste and flavor of matcha.

NARA

6 Kunodo-cho, Nara City ☎ 10:00-17:30 ✖ Closed on: Wednesdays ☎ 900 yen/person + tax - ☑ No reservations required ☎ <https://www.visitnara.jp/venues/A00185/>

18 IMANISHI SAKE BREWERY



Sake tasting

Imanishi Sake Brewery is a long-established and the last remaining brewery adjacent to Omiwa Jinja, which is the oldest shrine in Japan and has been devoutly worshipped as a deity of sake brewing. After explanation of sake brewing, enjoy tasting several types of sake.

NARA

510 Miwa Sakurai City ☎ 10:00-17:00 Available: Weekdays except between October and March (brewery period) ✖ Closed: Irregularly ☎ 500 yen/person ☑ Reservations required by the day before ☎ <https://www.visitnara.jp/venues/S01138/>

19 YUASA SOY SAUCE Co., Ltd.



Factory tour, tasting

At this soy sauce brewery in Yuasa, Kishu (Wakayama Prefecture), which has been said to be the birthplace of soy sauce, the product is made with the utmost care. Enjoy tasting and shopping for soy sauce, Kinzanji miso (fermented soy beans), and even a soy sauce icecream cone.

WAKAYAMA

1464 Yuasa, Yuasa-cho, Arida-gun ☎ 9:00-16:00 ✖ Closed: During the year-end and New Year holidays ☑ Free ☑ Reservations required ☎ <http://www.yuasasyouyu.co.jp/multilang/en/>

14 NADA NO SAKE



Brewery tour, tasting of sake, shopping for sake

Nada no Sake is produced thanks to a good combination of Yamada Nishiki (rice), Miyamizu (water from Mt.Rokko). In addition to the natural blessing of the environment, continued efforts of brewers has improved the quality of Nada no Sake year by year. Visit many breweries where you can enjoy brewery tours and free tasting.

KOBE

Nada-ku/Higashinada-ku, Kobe City ☎ ✖ Differs depending on the brewery ☎ <http://www.nadagogo.ne.jp/>

15 JIKOIN ZEN TEMPLE



Tea Ceremony

Jikoin is a Zen temple where you can experience the integrated presentation of tea ceremony in Nara, the birthplace of Wabi-cha (a simple tea ceremony). Green tea is served as you sit in the Shoin drawing room (National Important Cultural Property).

NARA

865 Koizumi-cho Yamato-koriyama City ☎ 9:00-17:00 ✖ Available: Daily ☎ Entrance fee: 1,000 yen (including green tea) for elementary school children and over ☑ No reservations required ☎ <http://www1.kcn.ne.jp/~jikoin/english-top.html>

Neiraku Kashitsukasa

16 NAKANISHI YOSABURO



Making Wagashi (traditional Japanese sweets)

At the Wagashi shop in a 130-year old house in Naramachi, which is lined with the similar kind of traditional Machiya townhouses, you can make original sweets which entertains your five senses, and eat them with green tea. You can take away the sweets.

NARA

23 Wakido-cho, Nara City ☎ From 11:00 a.m.- ☑ Closed: Irregularly ☎ 2,160 yen/person ☑ Reservations required 2 days in advance ☎ <https://www.visitnara.jp/venues/S01120/>

20 NAKANO BC Co., Ltd.



Umeshu (plum liquor) making, factory tour

You can experience making Umeshu and Ume syrup using big and high quality Nankoume, a specialty of Wakayama Prefecture. Enjoy tasting and shopping, as well as strolling around our beautiful Japanese garden.

WAKAYAMA

758-45 Fujishiro, Kainan City ☎ 1/11:00-2/13:00- 3/15:00- ✖ Closed: During the year-end and New Year holidays ☑ Factory tour & tasting: free of charge Plum liquor/Plum syrup making: 1,620 yen - 2,160 yen (with tax) ☑ Reservations required ☎ <http://www.nakano-group.co.jp/en/>

21 NAKATA FOODS CO., LTD.



Factory tour, tasting

NAKATA FOODS manufactures and sells Umeshoshi (pickled plum) and Umeshu (plum liquor) in Kishu (Wakayama Prefecture), a major production area of ume. Enjoy tasting Umeshoshi and Umeshu, shopping for various kinds of ume processed products as well as viewing 15 kinds of ume trees.

WAKAYAMA

1475 Shimomisu, Tanabe City ☎ Shop: 8:30-17:00 Factory tour: 8:30-16:00 (not available during on-hour lunch time/15 minutes after 15:00) Available: Daily *Though the factory is not operating on Sundays, national holidays, and one Saturday a month, factory tour is possible. Closed: During the year-end and New Year holidays. *The business hours may be shortened. ☑ Factory tour & tasting: Free of charge ☑ For reservation, call 073922858 ☎ <http://www.nakatafoods.co.jp/global/>

22 Oboke Iya Hot Springs



Cooking local dishes

You can enjoy tasting dishes such as Iya soba (buckwheat noodles) and Dekomawashi (roasted skewered tofu and vegetables glazed with miso), both of which are local dishes of Oboke Iya. Facilities are available where you can experience cooking local dishes and soba making.

TOKUSHIMA

In Miyoshi City ☎ ☑ Holidays differ depending on the facility. Please check the website etc. ☑ Reservations required ☎ <http://www.oboke-iya.jp/en/>

NEW FOOD CULTURE

Kansai is not just a region of historical tradition though, and has a vibrant entrepreneurial spirit that has developed new forms of culture from these traditions of old. Instant ramen noodles, loved across the world, were first born here in Kansai, and a wide variety of foods such as steak, sweets, *okonomiyaki* and *takoyaki* can be enjoyed here too.

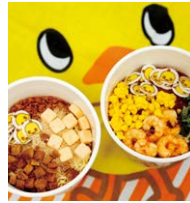


23 Michi-no-Eki (roadside rest area) Tango Kingdom SHOKU-NO-MIYAKO

Making bread and other foods/Harvesting farm products

A food theme park in the Tango Area including a hotel with a hot spring spa. A market and a petting zoo are also available. Please contact us in advance if you want to experience making sushi or other dishes for lunch.

KYOTO 📍 123 Tottori Yasaka-cho, Kyoto City 🕒 Workshops on making bread, cookies and ice cream are held regularly. Available: Everyday between April and November 🗓️ Closed: Tuesdays between December and mid-March 🆓 Free admission *1,000 yen for baking experience, etc. 📞 Those with reservations given priority 🌐 <http://tango-kingdom-howto.com/en/>



24 The Instant Ramen Museum

ORIGINAL CUPNOODLES MAKING

At the museum of instant ramen, which originated in Osaka in 1958, you can design your cup, choose your favorite soup out of four types, and four toppings out of twelve ingredients to make your own CUPNOODLES.

OSAKA 📍 8-25 Masumi-cho, Ikeda City 🕒 9:30-16:00 🗓️ Closed on: Tuesdays (if a national holiday falls on Tuesday, it is closed on the next day), year-end and New Year holidays 🎫 1 CUPNOODLES: 300yen (with tax) 📞 No reservations required 🌐 <http://www.instantramen-museum.jp/en/>



25 KOBE BEEF

Dining

Kobe Beef as the symbol of Kobe cuisine has established its world-wide brand of Wagyu. It has been satisfying visitors both mentally and physically every day. Enjoy the well-rounded texture and the sweet flavor, continuing fascinating gourmet celebrities from all over the world.

KOBE 📍 At various restaurants in Kobe City 🕒 🗓️ 📞 Differs depending on the shop 🌐 <http://www.kobe-niku.jp/en/contents/about/legend.html>



27 WAKAYAMA CHUKASOBA AND RAMEN

Visiting Ramen shops

Ramen in Wakayama is also called Chukasoba. Please come and visit the Ramen shops, each of which is serious about creating unique and original Ramen. Enjoy different tastes at different Ramen shops.

WAKAYAMA 📍 Around stations and tourist facilities 🕒 🗓️ 📞 Differs depending on the shop 🌐 <http://www.wakayamakano.com/eng/>



26 KOBE SWEETS

Shopping/Dining

The savor and techniques brought into Japan from Europe after the opening of Kobe Port have led to the development of Kobe Sweets, thanks to the originality and ingenuity added by Kobe confectioners. The streets in Kobe are dotted with delicious cake shops.

KOBE 📍 At various shops in Kobe City 🕒 🗓️ 📞 Differs depending on the shop 🌐 <http://www.feel-kobe.jp/kobe-sweets/>



28 SHIKOKU NO MIGISHITA (Migiagari)

Minamiawa-don/Farm-fresh market

Southern Tokushima Prefecture has a rich variety of foodstuffs. There are many direct sales shops where you can enjoy eating and shopping for Tokushima specialties, including Minamiawa-don (rice in a bowl topped with specialties nurtured in abundant nature).

TOKUSHIMA 📍 Southern Tokushima Prefecture 🕒 🗓️ 📞 Holidays differ depending on the facility. Please check the website. 🌐 <http://shikokunomigishita.jp/docs/2016022600010/>

HANDS-ON FOOD EXPERIENCES

Thanks to the rich nature and advanced cultivation techniques in Kansai, the region benefits from the mountains, fields, and the sea in all four seasons. Tasting fresh crops you helped harvest at a farm or getting to know the locals is one of the joys unique to travelling.



30 FRUITS OUKOKU YASAKA

Fruit harvesting (peaches, grapes and others)

A sight-seeing orchard located on the Tango Peninsula that is rich in nature. Enjoy all-you-can-eat harvesting of fruit from summer through autumn. Juice, gelato, and other food are also available at the cafe area.

KYOTO 📍 2194 Kibashi Yasaka-cho, Kyoto City 🕒 9:00-17:00 🗓️ Available: Every day (From August until November) 🎫 Adults: 1,990 yen (incl. tax); Children: 1,500 yen (incl. tax) *All-you-can-eat while inside the orchard. No time limit. 📞 Reservations required. Can make same-day reservations. 🌐 <http://www.fruits-oukoku.jp>



29 JA Ohmifuji Farmer's Market OHMINCHI

Vegetable harvesting/Cooking class

At Ohminchi, one of the biggest farmer's markets in Shiga Prefecture, you can enjoy cooking safe and fresh vegetables harvested from the farm inside the facility, where an all-you-can-eat buffet that serves dishes of local ingredients is also available.

SHIGA 📍 2785 Sumoto-cho, Moriyama City 🕒 Available: During vegetable harvesting seasons (available throughout the year, as long as there are enough crops that can be harvested) 1/ Agricultural experience: 500 yen - (varies depending on the crop yield) 2/ Cooking class + A bento (boxed lunch) making: 2,000 yen - (Bento can be eaten at the facility.) 📞 Reservations required in advance (can be accepted even on the day before if there are sufficient crops) 🌐 <http://en.biwako-visitors.jp/spot/detail/19>



31 Roadside Station Miyama Fureai Hiroba

Shopping for local product

Miyama is famous for Kayabuki-no-sato, the quaint village of thatched roof houses. This is one of the best spots for shopping in Miyama, with tasty seasonal foods and locally grown ingredients lining the shelves of the local store, Furatto Miyama. Miyama Milk gelato with variety of flavours and fresh local milk are available at Miyama Milk Studio.

KYOTO 📍 23-2 Miyama-cho Agake-shita, Nantan City 🕒 8:30-18:00 (April-September); 8:30-17:00 (October-March) 🗓️ Closed: The 2nd and 4th Wednesdays in January & February; 12/31-1/3 🆓 Free admission 📞 No reservations required 🌐 <http://www.miyamanavi.net/kan0005/>

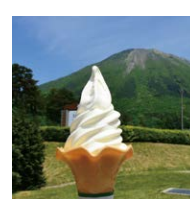


33 Michi-no-Eki (roadside rest area) TAJIMA-NO-MAHOROBA

Shopping for local products/Dining

The "Tajima-no-Mahoroba" building, styled after an ancient government office in the tumultuous period, is located near the Asago Archaeological Center "Ancient Asago Museum". With an abundant variety of local specialties, "Tajima-no-Mahoroba" was chosen Japan's 2nd best Michi-no-Eki by TripAdvisor travelers.

HYOGO 📍 92-6 Otsuki Santo-cho, Asago City 🕒 8:30-20:00 🗓️ Open: Daily 🆓 Admission Free 📞 No reservations required 🌐 <http://green-wind.co.jp/>



34 DAISEN HOME OF MILK

Making ice cream and other dairy treats

Mt. Daisen is the highest peak in the Chugoku region. The entire area surrounding Mt. Daisen is designated as a national park. At Daisen Home of Milk, you can make ice cream and other foods using milk fresh from Daisen ranch cows. There is also a restaurant that serves dishes using local farm produce.

TOTTORI 📍 2-11 Kobayashi Hoki-cho, Saihaku-gun 🕒 10:30-14:00 🗓️ Closed: 2nd and 4th Tuesdays 🎫 About 500 yen 📞 Reservations required a week in advance 🌐 <http://www.tottori-tour.jp/en/sightseeing/850/>



36 TOTTORI NIJISSEIKI PEAR MUSEUM

Learning more about pears/Pear samples

Worthy of the number one producer of 20th Century Pears in Japan, Tottori Nijisseiki Pear Museum is Japan's only museum focused on pears. Several kinds of pears can be sampled all throughout the year. There is also an exhibit on pears from around the world as well as a pear garden.

TOTTORI 📍 198-4 Dakyoji-cho, Kurayoshi City 🕒 9:00-17:00 🗓️ Closed: 1st/3rd/5th Mondays each month (if a national holiday falls on a Monday, closed the next day that is not a holiday), during year-end and New Year holidays (December 29-January 3) 🎫 Adults: 300 yen Elementary/junior high school students: 150 yen 📞 No reservations required 🌐 <http://www.tottori-tour.jp/en/sightseeing/1128/>



38 AWA GIBIER

GIBIER cuisine

The meat and products of hunted wild boar and deer, nurtured by the nature of Tokushima, are named "AWA GIBIER," which you can savor at various places in Tokushima Prefecture.

TOKUSHIMA 📍 Throughout Tokushima Prefecture 🕒 🗓️ 📞 Holidays differ depending on the facility. Please check the website. 🌐 <http://www.pref.tokushima.jp/chouju/awa-gibier/english/>



35 SAKAI FISHING PORT

Shopping for marine products/Dining

Take a tour of the fishing port where seasonal catches including crab and tuna are landed. You can purchase and enjoy fresh seafood directly from one of the many seafood vendors in the area.

TOTTORI 📍 9-7 Showa-machi, Sakaiminato City 🕒 8:00-16:00 🗓️ Closed: Tuesdays 🆓 Free admission 📞 No reservations required 🌐 <http://www.tottori-guide.jp/tourism/tour/view/768>



37 Tottori Harbour Seafood Market KAROICHI

Shopping for marine products/Dining

A fish market with a wide variety of marine products freshly landed at the Karo harbour in Tottori. Not only can you enjoy fresh seafood dishes but also local-brand beef and farm produce at the adjacent produce stands.

TOTTORI 📍 3-chome 27-1, Karo-cho Nishi, Tottori City 🕒 8:00-17:00 🗓️ Holidays differ depending on the shop. 🆓 Free admission 📞 No reservations required 🌐 <http://www.tottori-tour.jp/en/sightseeing/774/>



39 TOKUSHIMA NORINGYOKAMINSHUKU

Harvesting the bounty of the land and sea, etc.

You can experience the food culture that has been handed down in the area, through the dishes served at Minshuku (guest houses) of friendly families of farmers, forest workers or fishermen.

TOKUSHIMA 📍 37 facilities in Tokushima Prefecture 🕒 🗓️ 📞 Holidays differ depending on the facility. Please check the website. 📞 Reservations required 🌐 <http://www.pref.tokushima.jp/docs/2014091000250/>

KANSAI ACCESS MAP

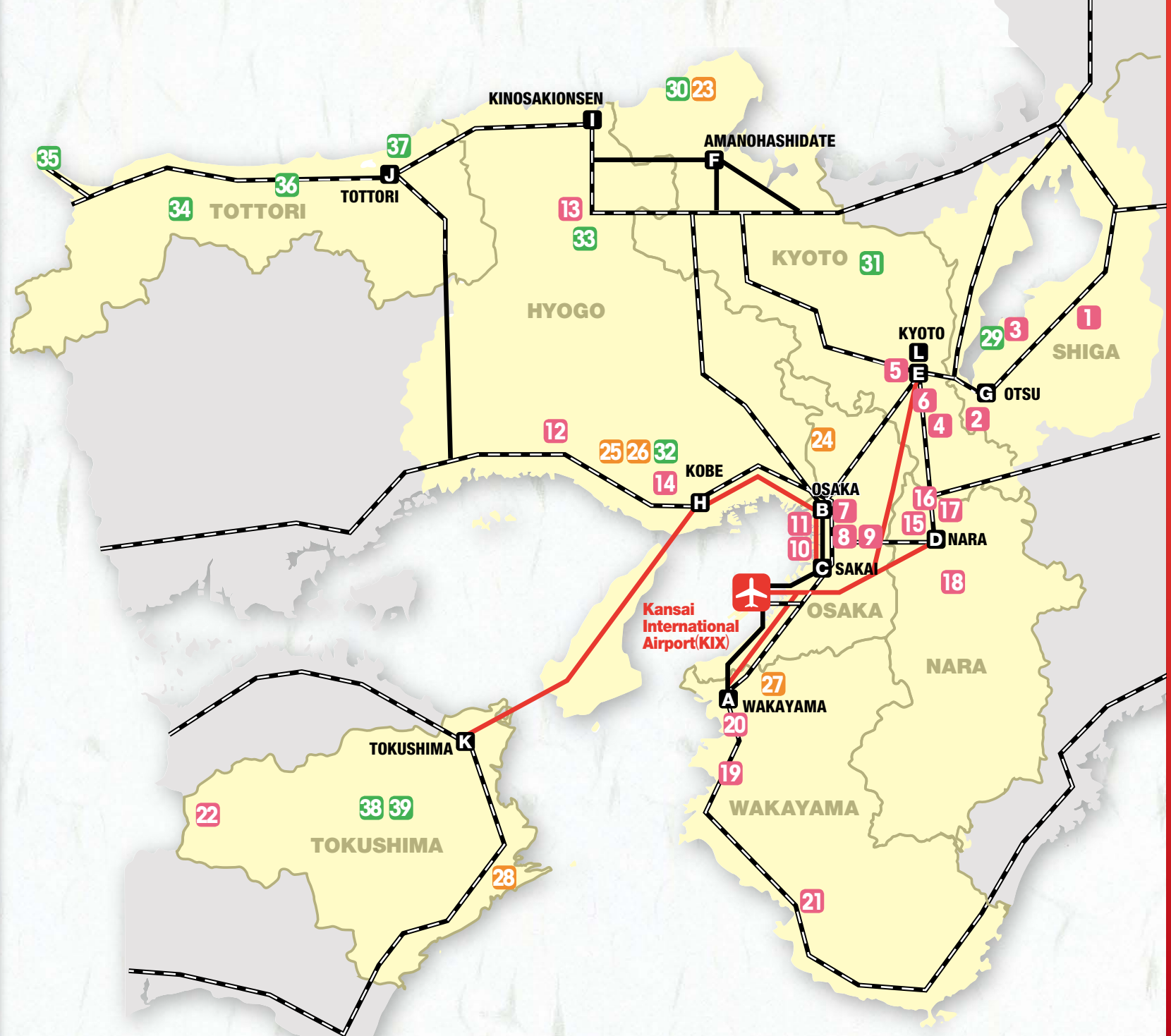
✧ ACCESS TO/FROM KIX Kansai International Airport

| To/From | Transportation | Time Required |
|-------------------------|------------------------------|---------------|
| A WAKAYAMA | JR | 35min |
| | Nankai | 35min |
| | Airport Bus | 40min |
| B OSAKA | JR | 65min |
| | Nankai(Namba) | 43min |
| | Airport Bus | 50min |
| C SAKAI | JR | 42min |
| | Nankai | 32min |
| D NARA | JR | 80min |
| | Nankai + Kintetsu | 85min |
| | Airport Bus | 85min |
| E KYOTO | JR(HARUKA) | 75min |
| | Airport Bus | 85min |
| F AMANOHASHIDATE | JR + JR(KONOTORI) + TANTETSU | 195min |
| G OTSU | JR(HARUKA) + JR | 85min |
| H KOBE | JR | 85min |
| | Airport Bus | 65min |
| | BAY SHUTTLE(Jet Ferry) | 30min |
| I KINOSAKIONSEN | JR + JR(KONOTORI•HAMAKAZE) | 230min |
| J TOTTORI | JR + JR(SUPER-HAKUTO) | 204min |
| K TOKUSHIMA | Airport Bus | 165min |

*Times are guidelines only and do not include transfer time.

— JR — Private railway — Airports Bus

- ...Traditional Food Culture
- ...New Food Culture
- ...Hands-on Food Experiences



MAIN TOURIST INFORMATION CENTERS



Kansai Tourist Information Center Kansai International Airport

Central 1F, Terminal 1 Building, Kansai International Airport
1F(International), Terminal 2 Building, Kansai International Airport

🕒 07:00-22:00 🗨️ Open daily
🕒 11:30-19:30 🗨️ Open daily

Phone. +81-(0)72-456-6160
Phone. +81-(0)72-456-8630

A

Wakayama City Tourist Information

Take a bus from Nankai Wakayama-shi station or JR Wakayama station, then get off at "Shiyakusho-mae".
🕒 08:30-17:15 🗨️ Closed from 29 Dec. to 3 Jan.

Phone. +81-(0)73-435-1185

B

Tourist Information OSAKA

Opens in March 2017

Travel Service Center Osaka, Chuo concourse,
1st floor, inside JR Osaka Station
🕒 07:00-23:00 🗨️ Open daily

Phone. +81-(0)6-6345-2189

C

Sakai Station Tourist Information Center

Sakai Station on the Nankai Line
(Nankai Sakai Station Bldg.)
🕒 09:00-18:00 🗨️ Closed Year End/New Year

Phone. +81-(0)72-232-0331

D

Nara Visitor Center & Inn

10 min walk from nara station on Kintetsu Railways.
15 min walk from nara station on JR Railways.
🕒 08:00-21:00 🗨️ Open daily

Phone. +81-(0)742-81-7461

E

Kyoto Tourist Information Center (Kyo Navi)

JR Kyoto Station 2F

🕒 08:30-19:00 /

🗨️ Open daily

Phone. +81-(0)75-343-0548

L

"Sanjyo Tourist Information Corner" in Kawaramachi-Sanjo, Kyoto City

1st floor of Kyoto Asahi Kaikan, 427 Ebisu-cho,
Kawaramachi-Sanjo Agaru, Nakagyo-ku
🕒 10:00-18:00 🗨️ Closed Year End/New Year

Phone. +81-(0)75-213-1717

F

Amanohashidate Tourist Information Center

TANTETSU Amanohashidate Sta.

🕒 09:00-18:00

🗨️ Open daily

Phone. +81-(0)772-22-8030

G

Otsu Station Visitor's Information Center

1min walk from Otsu Station

🕒 09:00-18:00

🗨️ Open daily

Phone. +81-(0)77-522-3830

H

Kobe Information Center

The South of JR Sannomiya Station East Gate,
and downstairs of Port Liner Sannomiya Station
🕒 09:00-19:00 (Dec.31-Jan.2 09:00-15:00)

🗨️ Available: Daily (Shorter business hours during
year-end and New Year holidays)

Phone. +81-(0)78-322-0220

I

Kinosaki Onsen Tourist Information(SOZORO)

10 second walk from
JR Kinosaki Onsen station.

🕒 09:00-18:00 🗨️ Open daily

Phone. +81-(0)796-32-0013

J

Tottori City International Tourist Support Center

Go out the north exit the Tottori Station,
1 min walk to the east

🕒 08:30-17:30 🗨️ Close on 31 Dec. and 1 Jan.

Phone. +81-(0)857-22-7935

K

Tokushima Prefectural International Exchange Association (TOPIA)

Clement Plaza 6F,
JR Tokushima Station Building

🕒 10:00-18:00 🗨️ Closed Year End/New Year

Phone. +81-(0)88-656-3303

Union of kansai Governments



www.kouiki-kansai.jp/tourist_info/food_tourism/

KANSAI Free Wi-Fi (Official)

KANSAI Free Wi-Fi

検索

KFW, or Kansai Free Wi-Fi (official),
is an application that enables
connection to free Wi-Fi provided
by municipalities in the Kansai area,
after a simple registration.



FREE!!