



Photo / in Between Blues

(General Incorporated Association)  
Tourism Organization of  
The LOWER RIGHT of Shikoku

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# VISIT DEEP SOUTH *Tokushima*

TOURIST GUIDEBOOK OF SOUTH  
TOKUSHIMA PREFECTURE

# 7 CONTENTS IN THE SOUTH TOKUSHIMA

South Tokushima is home to a beautiful and expansive natural land that has been untouched by humans.

Fresh marine foodstuffs and fruits of the land by the blessed climate.

A town full of nostalgic and warm atmosphere.

Time flows slowly as it gently encompasses the charming highlights of the land.

It naturally makes people smile softly.

In every element of this place you will find a “deep charm” you have never seen before

So come and be a part of this unassuming, yet pure and naked land, far away from the stress of your daily life.

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OUTDOOR

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EXPERIENCE  
LOCAL LIFE

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FOUR SEASONS



*Shikoku Area*

# MODEL PLAN

## Exploring Rich Nature

### 1 OMATSU DAIGONGEN SHRINE

Known as the "Cat Shrine," the premise is full of cat motifs.

*Point*

The only place to view the Cat Fudo Myoo, (fierce Buddhist deity)



1st DAY

TOKUSHIMA STATION

1 OMATSU DAIGONGEN SHRINE

2 TAIRYUJI TEMPLE AND THE TAIRYUJI ROPEWAY

3 MOMIJIGAWA ONSEN

### 4 CLUB COLTS

The experience of interacting with horses among the lush green nature is unparalleled.

*Point*

You can fish and taste the ayu sweetfish and amago salmon, or the rare all natural eel here.

### 5 CAMP PARK KITO

A resort in the mountains. Enjoy the relaxing flow of time to heal.

2nd DAY

4 CLUB COLTS

5 CAMP PARK KITO

KOCHI



## Back to the Past

### 2 TAIRYUJI ROPEWAY

This rare ropeway, the longest in West Japan, is used to climb mountains and cross rivers.

*Point*

Beautiful autumn leaves around November.



### 3 BYODOJI TEMPLE

Photographs can be taken freely, including the main image of the Buddha.



### 5 JOMANJI TEMPLE

Many monks, even from overseas, come here to learn and experience Zen meditation.

*Point*

The head priest is also fluent in English and Korean.

### 6 NAMIKIRI FUDOSON

In the space covered in beautiful natural moss, it reminds you of ancient times. Tomyosugi cedar, which is said to have been planted by Kukai, is a must see.



1st DAY

TOKUSHIMA STATION

1 OMATSU DAIGONGEN SHRINE

2 TAIRYUJI TEMPLE AND THE TAIRYUJI ROPEWAY

3 BYODOJI TEMPLE

2nd DAY

4 YAKUOJI TEMPLE

5 JOMANJI TEMPLE

6 NAMIKIRI FUDOSON

KOCHI

*Point*

A fantastic atmosphere to relax both your soul and body.

## Play with the Sea

*Point*

Even beginners can enjoy it since it is safe and easy.

### 1 SUSTAINABLE ANAN

Experience SUP (stand up paddle), a new type of athletic activity.

### 2 HIWASA SEA TURTLE MUSEUM CARETTA



*Point*

Adorable sea turtle public telephone.

A rare museum in the world dedicated to sea turtles.

### 3 TEBAJIMA ISLAND

A fishing village that retains a sense of nostalgia.



### 4 KAIRYOMARU

Have fun fishing and BBQ on an deserted island.

### 5 IN BETWEEN BLUES

Feel the wonder of the traditional culture of all natural indigo dye.



*Point*

An indigo dye hands on experience. (Reservations required)

### 7 TAKEGASHIMA SEA KAYAKING

Enjoy the beauty of the transparent blue sea aboard a small boat.



1st DAY

TOKUSHIMA STATION

1 SUSTAINABLE ANAN

2 HIWASA SEA TURTLE MUSEUM CARETTA

2nd DAY

3 TEBAJIMA ISLAND

3rd DAY

4 KAIRYO MARU

5 IN BETWEEN BLUES

6 THE BLUE MARINE UNDERWATER TOURIST BOAT

7 TAKEGASHIMA SEA KAYAKING

KOCHI

## 1 CAMP PARK KITO

Naka Town



“A Resort in the Mountains” to fully enjoy the luxurious, grand outdoors.

Enjoy a luxurious and comfortable glamping experience right inside the great outdoors, remote from any human settlements. A cafe restaurant where you can enjoy cuisines that use the local fresh products and an outdoor bath to listen to the murmurs from the flowing river streams, are inside the facility.



CAMP PARK KITO



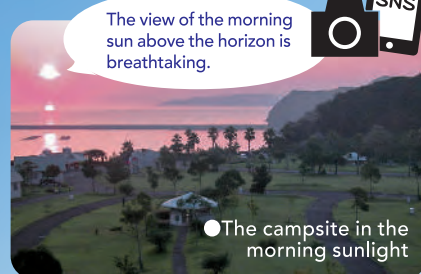
## 2 MAZENOOKA AUTO CAMPING SITE

Kaiyo Town



A campsite with a view of the ocean.

An authentic auto camping site (RV park) with a well equipped facility and an outdoor space overlooking the sea. Source your own fresh ingredients by fishing in the sea and river to enjoy a seafood BBQ.



●The campsite in the morning sunlight

*Contents 1*

# OUTDOOR

Plenty of wonderful campsites exist in the land full of lush nature and various mountainous regions. Enjoy a light stroll and view the wild birds, plants and flowers to fully satisfy the outdoor lifestyle.

## 3 THE PRINCE OF JIKATABI FOOTWEAR (FOREST OF FAGUS TAKASHIRO)

Naka Town



**Walking dictionary of Minami Tsurugi.**

The Prince of Jikatabi is the nick name of Shigeru Hirai, a mountain guide who knows the southern area of Mt Tsurugi, “Minami Tsurugi”. The area has untouched nature, such as rare alpine plants that bloom in seasons and unexplored sanctuaries. At Forest of FAGUS TAKASHIRO, You can enjoy local edible wild plants and deer meat dishes.

●Alpine Plants



●Fagus Trees covered in Frost



## FEEL NATURE

There are so many highlights to feel South Tokushima Prefecture first hand, including horseback riding, underwater tourist boats, and sea turtle museums.

### 5 THE TSUBADANI HANDS ON NATURE PROJECT

Minami Town



A leisure facility with an agricultural village twist to feel the wonder of the old country.

Visitors can enjoy a variety of experiences such as hands on country experiences of all the four seasons, zip lines, pottery, and drone operations.



● Zip line in the amusement park

THE FIRST EVER FULL SCALE OPERATION IN THE WORLD

Begins Operations from Spring 2021.

DMV Dual Mode Vehicle



### 4 CLUB COLTS

Naka Town



Interact with horses in the lush green nature.

You can enjoy the seasonally changing landscapes while horse back riding while refreshing your body and soul.



### 6 THE BLUE MARINE UNDERWATER TOURIST BOAT

Kaiyo Town



Enjoy the graceful Blue Marine Underwater Tourist Boat, a moving aquarium.

Enjoy viewing the coral reefs and colorful tropical fish while seated.

A new type of vehicle merging a car and a train. Requiring only 15 seconds to change its vehicle frame, this vehicle can roam free on both roads and railway tracks.



### 7 HIWASA SEA TURTLE MUSEUM CARETTA

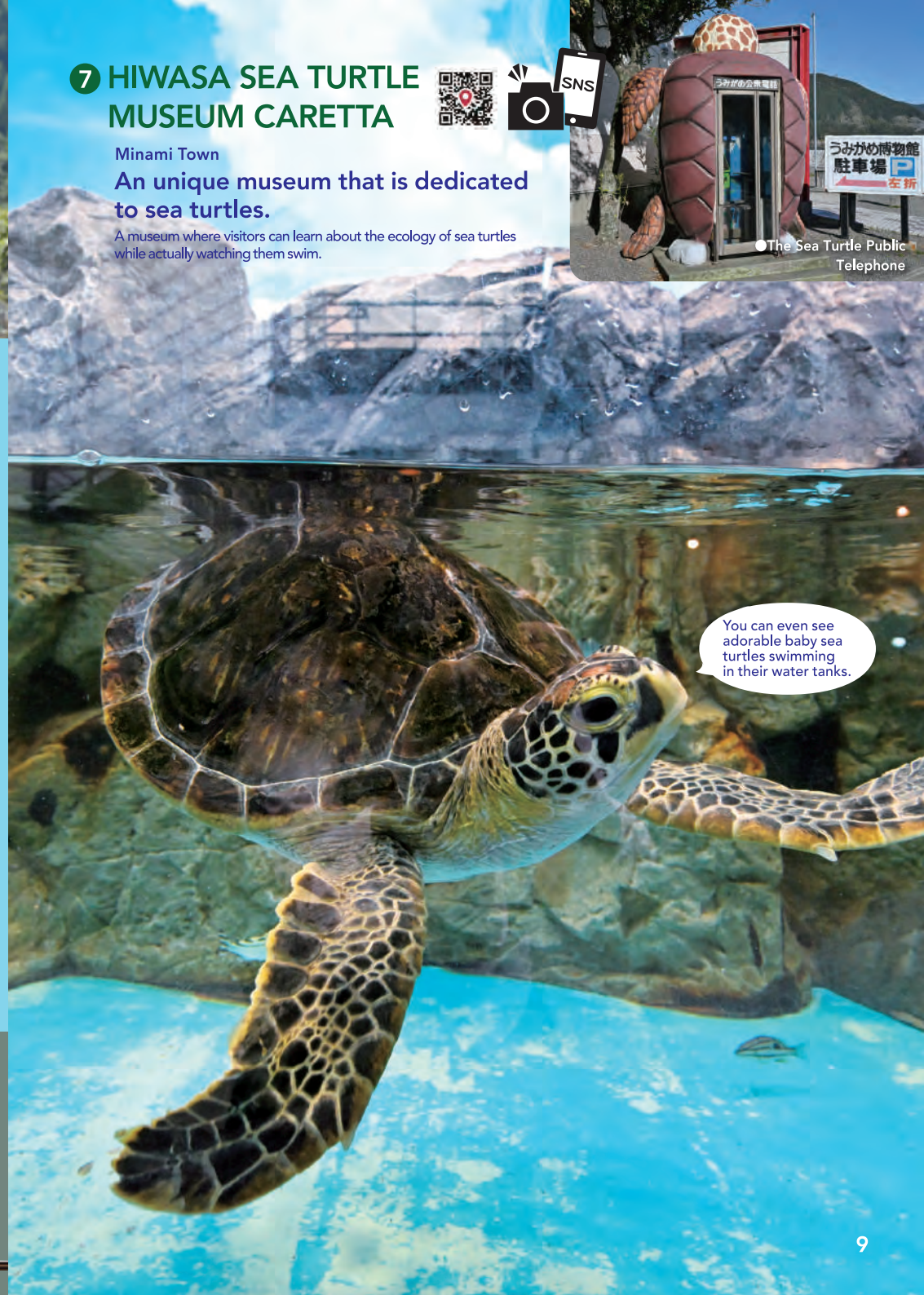
Minami Town

An unique museum that is dedicated to sea turtles.

A museum where visitors can learn about the ecology of sea turtles while actually watching them swim.



● The Sea Turtle Public Telephone



You can even see adorable baby sea turtles swimming in their water tanks.



## SUP (Stand Up Paddle)

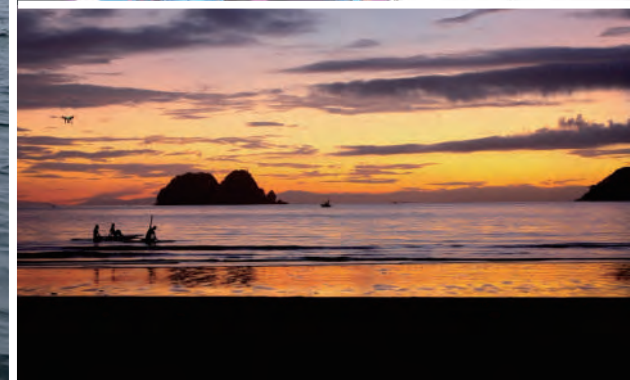
SUP is a new type of water sport where you gracefully glide on top of the water surface.

New types of athletic activities including popular SUP experiences and SUP yoga are available for both parents and children to enjoy, regardless of gender or age.

A place for hands on experience

### 8 SUSTAINABLE ANAN

Anan City



## Contents 3

# ACTIVITY

## SEA KAYAKING

Enjoy sea kayaking over the clear beautiful sea.

While you float over the great Pacific Ocean, you might even begin to feel like you're in a dream.

A place for hands on experience

### 9 TAKEGASHIMA SEA KAYAKING

Kaiyo Town



You may encounter with the Underwater Tourist Boat, the Blue Marine.

Not only do the beaches of the South have gentle waves, but you can even view the complicated topography and the fishes reflecting from the water surface. Various mountain related sporting activities can also be enjoyed here at these mountain ranges. Immerse and enjoy the lush nature of the mountains and the sea that Tokushima is proud of.



## A DESERTED ISLAND EXPERIENCE

For a luxurious moment, untainted by time.

Beautiful deserted island, Mugi Oshima. Experience fishing on a boat or by the sea, and even enjoy a BBQ by the beach using the fish you have caught.

A place for hands on experience

### 10 KAIRYOMARU

Mugi Town



## RIVER TREKKING

A sport great for avoiding the summer heat.

An unusual trekking going straight through a river. Head toward the goal as you walk and swim through the cool rivers of the valley.

A place for hands on experience

### 1 CAMP PARK KITO

Naka Town



# HISTORY

There are many sites of historical significance, including the oldest Zen temple in the region and places related to the famous Japanese monk Kukai. Walk amongst these various places to feel the history first hand.

## 11 JOMANJI TEMPLE

Kaiyo Town

The oldest Zen temple in Shikoku.

The Jomanji temple has revived in Kaiyo Town for the first time in 400 years since having been abandoned in 1575. Many monks, even from overseas, come and visit this temple.



## 15 NAMIKIRI FUDOSON

Kaiyo Town

A beautiful temple of moss.

A temple related to Kukai. Covered in beautiful green moss.



The "ShashingaDake" is a rock believed that Kukai trained on it.

## 12 TAIRYUJI TEMPLE

Anan City

A temple that dates back 1,200 years.

The 21st temple of the Shikoku Pilgrimage. A dignified ancient temple suggesting the time Kukai spent here training.



### KAMOMICHI

The oldest pilgrimage road of Shikoku to reh Tairyuji temple, the 21st temple of the pilgrimage. Volunteer guides are available.



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The "Shikoku 88 Pilgrimage" is a pilgrimage through the 88 temples of Shikoku that are related to Kukai primarily to vanquish the 88 desires held by a man.

The "Shikoku 88 Pilgrimage" is the name of a pilgrimage through the 88 temples of Shikoku that are related to Kukai, as a way to vanquish the same number of the human desires.



## 13 BYODOJI TEMPLE

Anan City

An elixir to cure all illnesses springs in this temple.

The 22nd temple of the Shikoku Pilgrimage. A Buddhist temple founded by Kukai.



## 14 YAKUOJI TEMPLE

Minami Town

A crimson colored temple, famous for warding off evil.

The 23rd temple of the Shikoku Pilgrimage. Every year, a million people visit from across the country.



## 16 OMATSU DAIGONGEN SHRINE

Anan City

Cats are everywhere to find.

A shrine that defies one of the Great Supernatural Cat Creatures.



There are an astounding 10,000 Maneki Neko (the cat of beckoning) statues within the premise.



13



25 **TEBAJIMA ISLAND**  
Mugi Town



Contents 6

# EXPERIENCE LOCAL LIFE

In the south, where time flows slowly, many visitors from across Japan come in search for a slower and much more relaxed life.

Mugi Port  
TOKUSHIMA

Approx.  
15 minutes

Tebajima Port

**TEBAJIMA ISLAND**

## The Fantastic Highlights of Tebajima Island.

Fishery has long been a part of Tebajima Island. The region is full of thick tropical plant life and home to the Shiratamamo algae, designated as a natural monument that can only be seen in Japan. There are no cars on the island, and the only thing to carry luggage is a hand pushed cart.

### Access

There is a regular ferry service between Mugi and Tebajima Port. \*Please note that services may be suspended due to bad weather and/or flow of natural waste, etc.

# AGRICULTURE

Kito Yuzu

You can experience picking leaves for Aioi Bancha, Kito Yuzu and cucumbers. In particular, the high quality Kito Yuzu of Naka town is very fragrant.

Fishermen at work

# FISHERY

Japanese Ise lobster, abalone, bigfin reef squid can be caught and hands on experiences of fixed net, carpet net, and surf rock fishing are also available.



## 26 IN BETWEEN BLUES

Kaiyo Town



Based on the traditional Tokushima dye, dyed garments are prepared using the one from the naturally fermented ash liquid. An indigo dye experience using your own garment is also possible. Even a cafe is located inside.

# TRADITIONAL PERFORMING ARTS CULTURE



## 27 AGRICULTURAL STAGE

Naka Town

During the late Edo Era, traditional Japanese puppet shows were dedicated at the shrines in Naka town during festivals. In recent years, there have been many revival performances by volunteers.



## 28 HIWASA HACHIMAN SHRINE AUTUMN FESTIVAL

Minami Town

The traditional autumn festival continuing for more than 200 years. The sight of Chosa (drum stall) jumping into the sea is incredible.



Contents 7

# FOUR SEASONS

There is plenty of untouched nature in south Tokushima for visitors to enjoy the landscapes of the various four seasons throughout the year. So come and try to find your own favorite location with a camera in your hand.

**29 OHAMA BEACH  
(DARUMA SUNRISE)**  
Minami Town



**30 TODOROKINOTAKI  
(ROARING FALLS)**  
Kaiyo Town

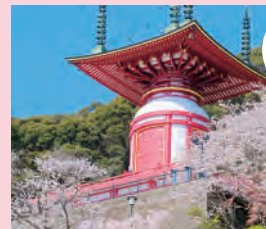


**31 KOUNOSEKYO VALLEY**  
Naka Town



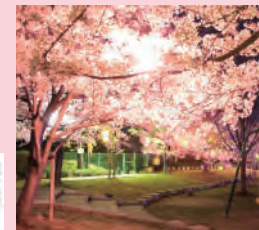
## SPRING

There are many places that are in beautiful harmony with the cherry blossoms, such as the Yakuoji Temple and Iwawaki Park.



The entire area is beautifully colored by the approximately 300 cherry blossom trees.

**15 YAKUOJI  
TEMPLE**  
Minami Town



The cherry blossoms lit up during the night are also gorgeous.

**32 IWAWAKI  
PARK**  
Anan City



## SUMMER

In the lush nature of southern Tokushima, summers are cool, whether you are at the mountains, sea or rivers. In addition, there are many beautiful waterfalls that are featured in the Top 100 Waterfalls of Japan.



The path towards the waterfall feels private and mysterious.

**33 OGAMA  
NOTAKI**  
Naka Town



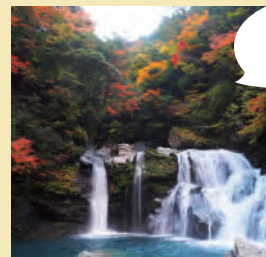
A virgin, primeval forest to feel the beautiful summer full of life.

**34 MINAMI TSURUGI  
(SUMMER MOUNTAINS)**  
Naka Town  
Photos: Shigeru Hirai



## AUTUMN

Once the autumn colors deepen, the colored leaves and the surrounding views will come together to create a scenic masterpiece.



The beautiful contrast between the waterfall and the autumn leaves.

**35 OTODORO  
NOTAKI**  
Naka Town  
Photos: Shigeru Hirai



Enjoy the dynamic and full view of the autumn leaves.

**36 TAIRYUJI  
ROPEWAY**  
Naka Town



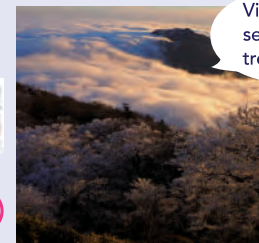
## WINTER

Starting with the "Daruma Sunrise" due to a combination of the rising sun from the horizon and the reflection from the sea surface, there are plenty of sightseeing places in south Tokushima in the winter.



From the lighthouse, you can see the incredible view of the sun rising from the horizon.

**37 KAMODA  
MISAKI (CAPE)**  
Anan City



View the mythical sea of clouds and trees covered in ice.

**34 MINAMI TSURUGI  
(WINTER MOUNTAINS)**  
Naka Town  
Photos: Shigeru Hirai



# AREA MAP





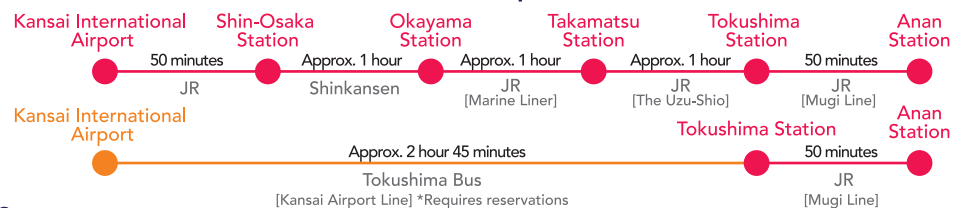
\*Please note that the bus between Kansai International Airport and Tokushima Station requires reservations.

\*The flight between Hong Kong International Airport and Tokushima Awaodori Airport is only available until March 28th, 2020 (every Wed. and Sat.).\*As of December 2019

### From Tokyo (Haneda)



### From Osaka (Kansai International Airport)



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### From Fukuoka



### From Wakayama

