

JAPAN



Japan Rail Pass

A convenient ticket great for traveling around Japan by train.



All Shikoku Rail Pass

A convenient and affordable ticket that can be used on all Shikoku railway lines.



Tokyo (Tokyo-Haneda International Airport)

Airplane: approx. 1 hr. 15 min.
Tokyo Station
 Shinkansen: approx. 3 hr. 20 min.
Okayama Station
 JR Rapid Train: approx. 1 hr.
Takamatsu Station
 JR Limited Express: approx. 1 hr. 10 min.
 Limousine Bus: approx. 30 min.

Osaka (Kansai International Airport)

Monorail/JR: approx. 30 min.
Kokusai-tenjijo Station
 Taxi: approx. 6 min.
Tokyo Bay Ferry Terminal
 Ferry: approx. 19 hr.
Tokushima New Terminal
 Tokushima City Bus: approx. 30 min.
 Monorail/Rinkai Line: approx. 20 min.
Shin-Osaka Station
 Shinkansen: approx. 1 hr.
Okayama Station
 JR Rapid Train: approx. 1 hr.
Takamatsu Station
 JR Limited Express: approx. 1 hr. 10 min.

Kagawa (Takamatsu Airport)

Highway Bus: approx. 1 hr. 30 min.
Wakayamako Station
 Nankai Electric Railway: approx. 50 min.
 Limousine Bus: approx. 2 hr. 45 min.
Tokushima Port
 Tokushima City Bus: approx. 20 min.

Fukuoka (Fukuoka Airport)

Airplane: approx. 1 hr.
Tokushima (Awaodori Airport)
 Limousine Bus: approx. 30 min.

Kagawa (Takamatsu Airport)

Highway Bus: approx. 1 hr. 30 min.

Tokushima Station

Awa-Ikeda Station

DISCOVER TOKUSHIMA(HP)



TOKUSHIMA Tabi Plus (Tokushima sightseeing app)



Tokushima Prefecture on Facebook



Tokushima Prefecture on Instagram



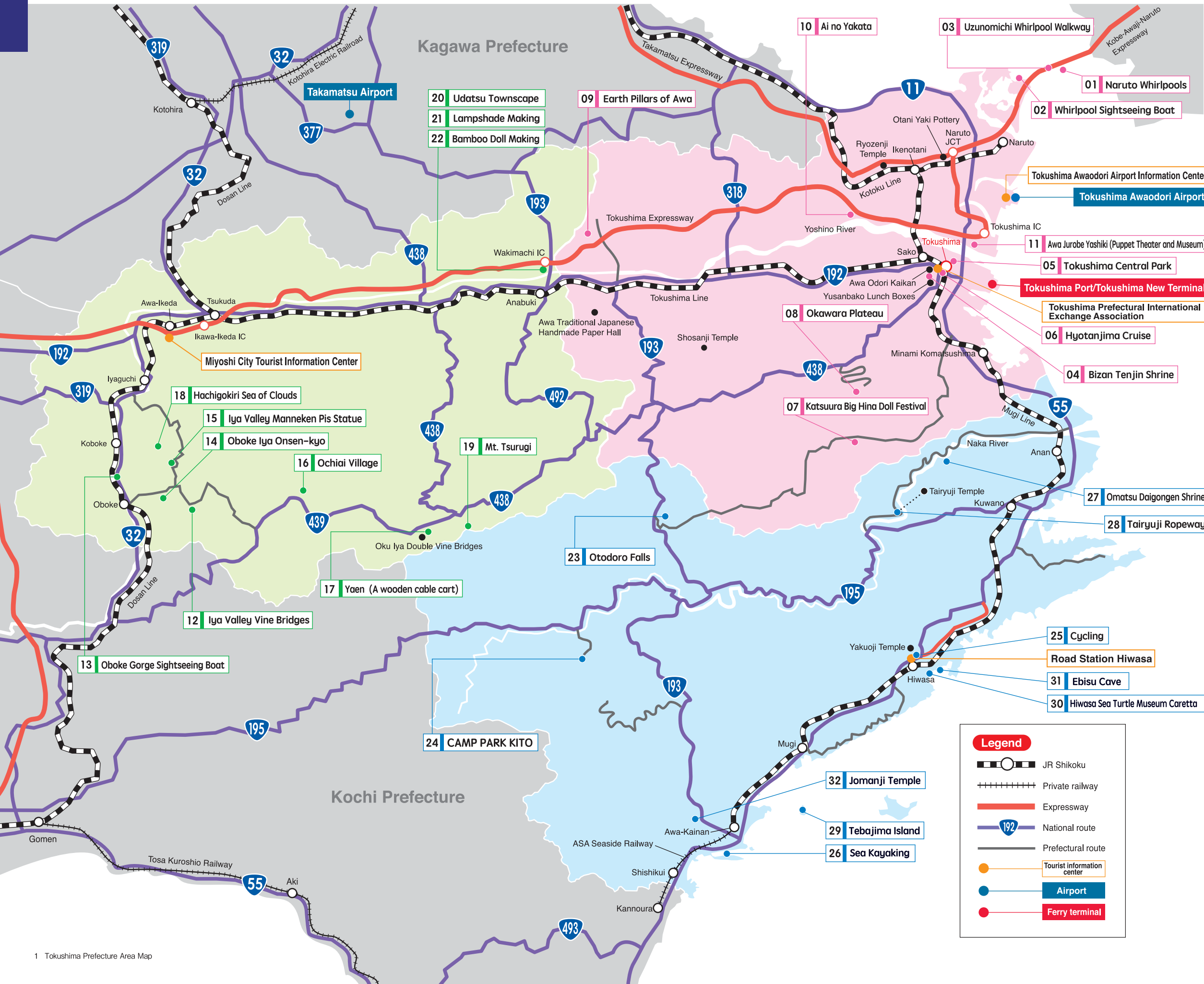
Published by Tokushima Prefecture

Come on! Experience
TOKUSHIMA

Here!



Tokushima Prefecture Area Map



JNTO-Certified Foreign Tourist Information Center

Tokushima Awaodori Airport Information Center

Address:
16-2 Asahino, Toyohisa-aza,
Matsushige-cho, Itano-gun



Tokushima Prefectural International Exchange Association

Address:
1-61 Honchonishi, Terashima,
Tokushima-shi



Road Station Hiwasa

Address:
493-6 Teramae,
Okugawauchi-aza,
Minami-cho, Kaifu-gun



Miyoshi City Tourist Information Center

Address:
1810-18 Sarada, Ikeda-cho,
Miyoshi-shi



Transit Information

JR Shikoku



ASA Seaside Railway



Tokushima Bus



Tokushima Bus Nanbu



Shikoku Kotsu



JR Shikoku Bus



AWA ODORI

Summer in Tokushima:Dancing that Captivates the World

The traditional performing art of Awa Odori has a history of more than 400 years, and its roots are found in Tokushima Prefecture. It is theorized that Awa Odori originated from ancestral memorial Bon dances or that it came from Fuyu Dance. However, another theory states that it was created at the casual party that Iemasa Hachisuka, feudal lord of the Tokushima domain, held to commemorate the construction of Tokushima Castle in 1586. But regardless of which theory is correct, it is a fact that Awa Odori has long been a familiar part of life for Tokushima residents. There are various dance styles including Otoko Odori(Men's Dance),

Onna Odori(Women's Dance), and Happi Odori (Men's Dance performed by women), performed to a rhythm called "Zomeki" played by instruments such as bells, drums, flutes, and shamisen. When summer comes to Tokushima, grandiose Awa Odori performances are held all across the prefecture. Tokushima City's Awa Odori Festival is held from August 12th to 15th every year, and during that time as many as 1,000 groups of Awa Odori dancers known as "Ren" perform while more than a million visitors pack the city. Performances are held not only in Japan but also overseas, and it is now considered a representative dance of Japan.



Men's Dance:
A bold, exciting, and free-spirited dance performed by men that also includes dynamic use of round paper fans and lanterns.



Women's Dance:
A dance performed by women dressed in beautiful costumes, with graceful, flowing movements.



Happi Dance:
The Men's Dance performed by women, it's a dance characterized by its chic, feminine appeal.



Awa Odori Kaikan

Experience the charm of Awa Odori any time of year at this facility. Awa Odori performances are held here every day, and you can even try dancing yourself! There is a museum where you can enjoy learning more about the history of Awa Odori, as well as a local product shop "Arudeyo Tokushima" that offers Tokushima souvenirs. It is also home to the Bizan Ropeway Sanroku Station.

●2-20 Shinmachi-bashi,
Tokushima-shi, Tokushima

NARIMONO

Musical instruments used for Awa Odori



East Area



01

Naruto Whirlpools

These whirlpools generated by the ebb and flow of the tides, are at their largest during the spring and autumn, with some reaching a diameter of 20 m. The currents can also reach speeds of up to 20km per hour. This is the only place in Japan where you can enjoy this magnificent scenery.



02

Whirlpool Sightseeing Boat

See the Naruto Whirlpools, one of the three greatest tides in the world, up close.

●Address: Naruto Kanko Kisen: 264-1 Oge, Tosadomariura-aza, Naruto-cho, Naruto-shi, Tokushima

●Address: Uzushio Kisen: 65-63 Fukuike, Tosadomariura-aza, Naruto-cho, Naruto-shi, Tokushima



03

Uzunomichi Whirlpool Walkway

Get a breathtaking view of the whirlpools from about 45m above, looking down on them through the glass floor of the walkway that sits over the water.

●Address: Inside Naruto Park, Naruto-cho, Naruto-shi, Tokushima



07

Katsuura Big Hina Doll Festival

Hina dolls that have been retired from their displays in homes all across the country are memorialized and exhibited here, with about 30,000 dolls gorgeously displayed.

●Address: 35-1 Tsukinose, Oazaikuna-aza, Katsuura-cho, Katsuura-gun, Tokushima



05

Tokushima Central Park (Cherry Blossoms)

This park hosts a number of attractions, including the Tokushima Castle Museum. It is also known for its cherry blossoms, making it a place that many people visit for cherry blossom viewing.

●Address: 1-bangai, Jonai, Tokushima-cho, Tokushima-shi, Tokushima



08

Okawara Plateau (Hydrangeas)

A location famous for hydrangeas, every July approximately 30,000 hydrangeas dye the plateau blue.

●Address: Okawara, Kami-aza, Sanagouchi-son, Myodo-gun, Tokushima



09

Earth Pillars of Awa

One of the world's three great earth pillars and a designated national natural monument, this site yields a variety of amazing views to enjoy as you walk along the promenade.

●Address: Sakuranooka, Awa-cho, Awa-shi, Tokushima

04

Bizan Tenjin Shrine

Located at the foot of Mt. Bizan, this shrine enshrines a deity of learning and receives many visitors, especially students from both within and outside the prefecture. The shrine's stamp, with a design that changes from season to season, is also very popular.

●Address: 2-21 Shinmachibashi, Tokushima-shi, Tokushima



06

Hyotanjima Cruise

Take a pleasure boat to see the stunning views of Hyotanjima, the central district of Tokushima City from the water.

●Address: 2-4 Minamiuchimachi, Tokushima-shi, Tokushima

Traditional Culture Experiences



10

Ai no Yakata

The color created by this indigo dyeing has become known around the world as "Japan Blue". You can also try your hand at dyeing your own indigo handkerchief or other items.

●Address: 172 Maezunishi, Tokumei, Aizumi-cho, Itano-gun, Tokushima



11

Awa Jurobe Yashiki (Puppet Theater and Museum)

Ningyo Joruri puppetry is performed here every day, and there is also an exhibition room where you can view puppets and costumes worn by the dolls.

●Address: 184 Miyajima-Hon'ura, Kawauchi-cho, Tokushima-shi, Tokushima

West Area



12 Iya Valley Vine Bridges

Considered one of the three most unusual bridges in Japan, this bridge is constructed by weaving together Actinidia arguta vines. The squeaking and swaying of the bridge with each step makes for an incredibly thrilling experience.

●Address: 162-2 Zentoku, Nishiyayama-son, Miyoshi-shi, Tokushima



13 Oboke Gorge Sightseeing Boat

Enjoy the beautiful scenery of these intriguing rock formations that resemble marble sculptures, which took roughly 200 million years to create.

●Address: 1520 Nishiu, Yamashiro-cho, Miyoshi-shi, Tokushima



14 Oboke Iya Onsen-kyo

Enjoy a variety of hot springs with varying spring types along with local cuisine made with luxurious locally grown ingredients. The uniquely beautiful scenery of this hot spring resort area in the mountains is soothing to its many visitors.



15 Iya Valley

Carved into the earth by the Iya River over many, many years, the deep V shape of this valley yields breathtaking views.

●Address: Matsuo, Ikeda-cho to Nishiyayama-son, Miyoshi-shi, Tokushima



16 Ochiai Village

This village is located on a steep mountain slope with an altitude difference of 390 meters. In recent years, accommodations fashioned out of renovated traditional folk homes have become popular as a way to let visitors experience the countryside.

●Address: Higashiya-Ochiai, Miyoshi-shi, Tokushima

17 Yaen (A wooden cable cart)

Cross the river while pulling the rope with your own hands on this traditional human-powered ropeway.

●Address: 620 Sugeoi Higashiayama-son, Miyoshi-shi, Tokushima



18 Hachigokiri Sea of Clouds

Around the time that the seasons change from spring to summer, and again from summer to autumn, drastic temperature changes in the early morning create a dense white fog that flows endlessly, leaving only the mountain peaks visible.

●Address: Yamashiro-cho, Miyoshi-shi to Nishiyayama-son, Miyoshi-shi, Tokushima



19 Mt. Tsurugi

The second highest peak in western Japan, this mountain features a lift that goes from the base of the trail to a point near the center of the trail, making it popular as a mountain for easy climbing.

●Address: Koyadaira, Mima-shi, Tokushima
Naka-cho, Naka-gun
Higashiya, Miyoshi-shi



20 Udatsu Townscape

This site of historical cultural heritage is a place where you can learn about the prosperous indigo merchants of the Edo Period. Take in a wealth of history and culture as you walk, and you'll feel as if you have traveled back in time.

●Address: 92 Wakimachi-oaza, Waki-machi, Mima-shi, Tokushima



Traditional Culture Experiences

There are many ways to experience culture while in the Udatsu Townscape.



21 Lampshade Making

Enjoy an easygoing workshop where you learn the process of making lampshades that inherit the tradition of the Japanese umbrellas of Mima.

22 Bamboo Doll Making

Try your hand at making bamboo dolls, a local traditional craft, using bamboo grown in the prefecture.



Moving Experiences Among the Beauty
of the Sea, Mountains, and Rivers

South Area



23 Otodoro Falls

Witness the grandeur of the water flowing down three steps at a total height of 20 meters, providing beautiful scenery in all four seasons, from the fresh greenery of spring to the colorful autumn leaves. The negative ions are also said to provide a detoxing effect.

●Address: Sawadani, Naka-cho, Naka-gun, Tokushima

27 Omatsu Daigongen Shrine

Well known as the shrine of the "Nekogami-sama" (cat deity), there are roughly 10,000 "Manekineko" (lucky cat) statues, said to bring good fortune and money, enshrined here. Also famous as the shrine of the deity for competition, it is bustling with visitors during entrance exam season. A must-see destination for cat lovers!

●Address: 63 Fuke, Kamo-cho, Anan-shi, Tokushima

28 Tairyuji Ropeway

Enjoy the ever-changing beauty of the valley below on the longest ropeway in western Japan (total length 2,775 meters), which takes you from the roadside station Washi no Sato to Tairyuji Temple. Tairyuji Temple, the 21st location of the Shikoku Pilgrimage, is located at the arriving station.

●Address: 76 Tano, Wajikigo-aza, Naka-cho, Naka-gun, Tokushima

29 Tebajima Island

This small island, which you can walk around in about 1 hour, is a 15-minute ferry ride from Mugi Port. Enjoy a leisurely stroll in this tranquil fishing village.

●Address: Tebajima, Mugi-cho, Kaifu-gun, Tokushima

30 Hiwasa Sea Turtle Museum Caretta

A museum dedicated to sea turtles, which is rare in Japan, where you can see them swimming in an outdoor pool.

●Address: 370-4 Hiwasaura, Minami-cho, Kaifu-gun, Tokushima

31 Ebisu Cave

This cave was created by oceanic erosion, and by taking part in the Umigame Marine Cruise, you can treat yourself to some amazing views from the sea.

●Address: Hiwasaura, Minami-cho, Kaifu-gun, Tokushima

24 CAMP PARK KITO

Enjoy a unique camp experience by glamping in this environment surrounded by mountains, rivers, and a sky that stretches as far as the eye can see. The starry night sky is truly a sight to behold.

●Address: 45 Nokubodani, Kitooriu-aza, Naka-cho, Naka-gun, Tokushima

25 Cycling

Refresh yourself with some cycling while taking in the abundant nature of the four seasons and the magnificent coastline scenery.

●Minamiwa Sun Line Course starting at Road Station Hiwasa (493-6 Teramae, Okugawauchi, Minami-cho, Kaifu-gun, Tokushima), etc.

26 Sea Kayaking

Enjoy sea kayaking as well as snorkeling in the clear waters and gentle waves of Mitoko Bay. Searching for your favorite shellfish in the sea is also fun.

●Address: 28-45 Takegashima, Shishikuiura-aza, Kaiyo-cho, Kaifu-gun, Tokushima

Traditional Culture Experiences



32 Jomanji Temple

The oldest Zen temple in Shikoku, with a history that goes back to the Kamakura Period (1185-1333), where you can experience Zazen Buddhism.

●Address: 62 Nishizawa, Yoshida-aza, Kaiyo-cho, Kaifu-gun, Tokushima

First in the world! DMV (Dual Mode Vehicle)

This special vehicle operated by ASA Seaside Railway in southern Tokushima and eastern Kochi Prefecture is capable of running on both railroad tracks and regular roads. This vehicle connects Tokushima and Kochi while also eliminating the need for transfers between buses and trains. Its status as a rare vehicle also makes it very popular with railway enthusiasts.

●Address: 73 Sugitani, Shihohara-aza, Kaiyo-cho, Kaifu-gun, Tokushima (Awa Kainan Bunka-mura)



Taste All the Flavors of Tokushima

Cuisine



Tokushima Ramen

Tokushima Ramen features a soup made with pork bone and soy sauce broth, and is topped with sweet and spicy pork belly and raw egg. The ramen shown in the photo is of the brown soup variety, but white and yellow varieties also exists. This thick, rich ramen pairs well with white rice.



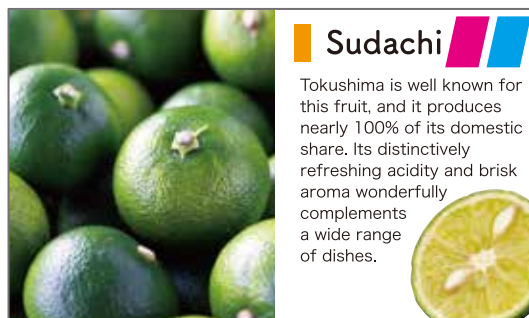
Sobagome Zosui (Buckwheat Porridge)

A local dish of the Iya region, this is a porridge that uses buckwheat instead of the typically used rice. It is a healthy stewed dish that also includes ingredients such as vegetables, chicken, and edible wild plants.



Tarai Udon

This dish has its roots as a food that lumberjacks working in the mountains would offer as hospitality when welcoming guests. Customarily served in a large wooden wash basin for maximum impact, these udon noodles have a wonderfully chewy texture.



Sudachi

Tokushima is well known for this fruit, and it produces nearly 100% of its domestic share. Its distinctively refreshing acidity and brisk aroma wonderfully complements a wide range of dishes.



Handa Somen

These slightly thick noodles are known for their chewy texture, and are also used in stewed dishes and hotpot meals.



Naruto Sea Bream

Sea bream that grew up in the unrelenting currents of the Naruto Strait are known by the brand name "Naruto Sea Bream". This fish is characterized by its thickness and hearty texture.

Kaizoku (Pirate) Cuisine

Fresh seafood that you grill as soon as it is caught. This style of cooking can be enjoyed in the southern area of the prefecture as well as in other parts.



Awa Odori Chicken

Awa Odori Chicken, which boasts the largest shipping volume of all the local chicken brands in Japan, is a high-quality chicken that is raised in a relaxed, natural setting. The meat is low in fat with a firm texture and has a rich flavor. Please enjoy the delicious taste of this savory chicken.



Awa Beef

Awa Beef, which is raised in a warm climate, is known for its soft marbling and rich, savory taste that fills your mouth. This is one dish you absolutely must try while in Tokushima.

Sure to please! Quintessential Tokushima Souvenirs!



Take-Chikuwa & Fish Cutlet

Take-Chikuwa and Fish Cutlet are made from fresh fish paste. They are both crispy and chewy, and they are a great complement to an alcoholic beverage.



Taki No Yakimochi

Azuki bean paste is cooked in the famous "Kinryusui" water and then coated with both glutinous and non-glutinous rice that were ground in a stone mill. It is then grilled to bring out a wonderful fragrance and just the right amount of sweetness.



Naruto Kintoki Sweet Potatoes

Naruto Kintoki sweet potatoes are known for their refined sweetness and gentle texture, and they complement sweets wonderfully.



Local Sake & Plum Wine

The local sake made from the delicious waters that flow from the abundant nature of the Tsurugi Mountain Range comes in a wide variety of tastes and is also popular with women. The Shikoku Sake Festival is held every year in Miyoshi City's Ikeda-cho district, where you can enjoy famous sake from all over Shikoku.

...East Area

...West Area

...South Area

The Seasonal Blessings of Tokushima

Flavor Hunting



Enjoy delicious tastes from all four seasons, including strawberries, blueberries, grapes, and tangerines. Feast on freshly picked fruit that is full of flavor.

	April	May	June	July	August	September	October	November	December	January	February	March
Strawberries												
Blueberries												
Sweet Potatoes												
Grapes												
Japanese Pears												
Chestnuts												
Persimmons												
Mikan												

Tokushima techniques passed down to the present

Traditional Crafts

Awa Washi Paper

Awa Washi Paper has a history of more than 1,300 years and has been designated as a Japanese Traditional Craft. Strong against water and resistant to tearing, this paper also boasts a unique beauty. A great choice for stationery and interior design, paper-making workshops allow you a chance to directly understand its charm.



Indigo Dyeing

Indigo has antibacterial properties, and indigo-dyed products such as handkerchiefs and scarves make for popular souvenirs that are unique to Tokushima.



Otani Yaki Pottery

Otani ceramics gained popularity alongside the prosperity of indigo. While items such as large vases and water lily bowls are famous, tableware and other such practical items are also popular.

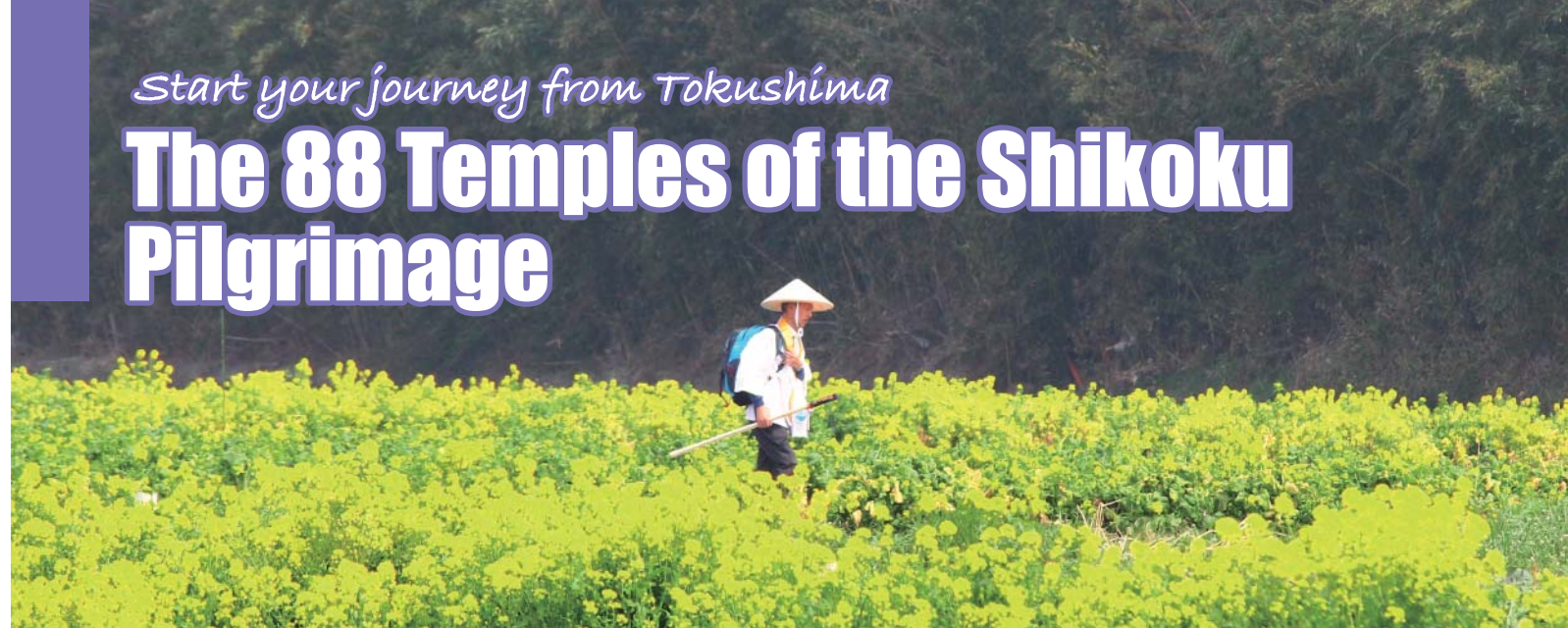


Yusanbako Lunch Boxes

The traditional bento lunch boxes of Tokushima. The adorable size of Yusan boxes has also made them a popular choice as accessory holders.

Start your journey from Tokushima

The 88 Temples of the Shikoku Pilgrimage



The magnificent pilgrimage to 88 sacred temples, believed to have been established by the Buddhist monk Kukai (Kobo Daishi), is known as the Shikoku Pilgrimage. The entire journey spans roughly 1,400 km, and it is known for being a very strict and difficult ordeal, but in recent years, many people have visited for reasons other than religious ones, such as traveling alone to learn more about oneself, improvement of one's health, and experiencing nature.

Pilgrim Style

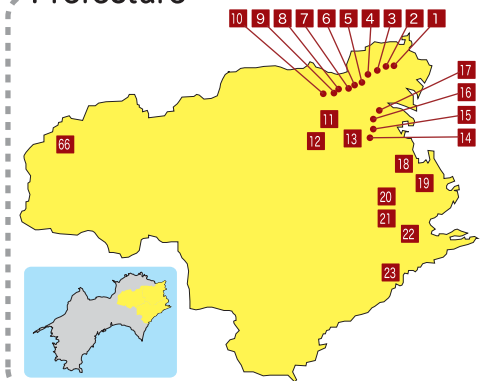


Nokyochō (stamp book)

After reading the sutras as part of the routine when visiting each temple, you will receive a red stamp at the temple's stamp office. The book that contains the stamps from the temples you visit is called the "Nokyochō" (stamp book).



Pilgrimage Sites in Tokushima Prefecture



- No. 1 Ryozenji Temple
- No. 2 Gokurakuji Temple
- No. 3 Konsenji Temple
- No. 4 Dainichiji Temple
- No. 5 Jizoji Temple
- No. 6 Anrakuji Temple
- No. 7 Jurakuji Temple
- No. 8 Kumadaniji Temple
- No. 9 Horiuji Temple
- No. 10 Kirihataji Temple
- No. 11 Fujiidera Temple
- No. 12 Shosanji Temple
- No. 13 Dainichiji Temple
- No. 14 Jorakuji Temple
- No. 15 Kokubunji Temple
- No. 16 Kan'onji Temple
- No. 17 Idoji Temple
- No. 18 Onzanji Temple
- No. 19 Tatsueji Temple
- No. 20 Kakurinji Temple
- No. 21 Tairyuji Temple
- No. 22 Byodoji Temple
- No. 23 Yakuoji Temple
- No. 66 Unpenji Temple

Osettai

"Osettai" is the word for the hospitality, such as offering food, that locals give to pilgrims on their journey, a custom that is still alive today. Should you encounter such an offer of hospitality, please do not be shy and accept it with gratitude. This heartwarming interaction with local residents is one of the true joys of the Shikoku Pilgrimage.



Pilgrimage Site No. 1 Ryozenji Temple

Often the starting point of the pilgrimage, this temple is also called the Temple of Vows.

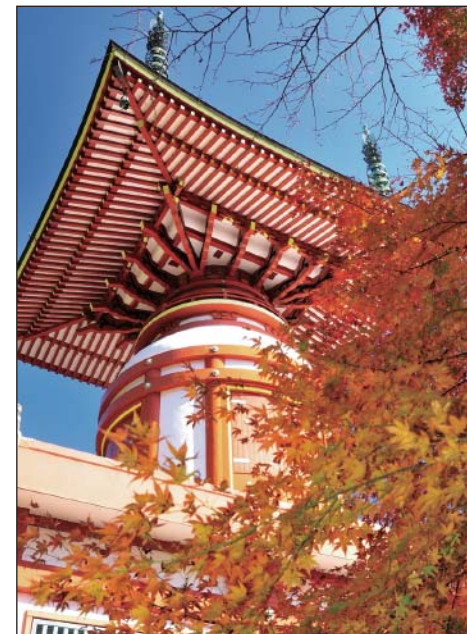
● Address: 126 Tsukahana, Bando-aza, Oasa-cho, Naruto-shi, Tokushima



Pilgrimage Site No. 12 Shosanji Temple

Known as the "Pilgrim Tripper", this temple is one of the most difficult parts of the pilgrimage. The nature that was seen by Kukai still exists today.

● Address: 318 Naka, Shimobun-aza, Kamiyama-cho, Myozai-gun, Tokushima



Pilgrimage Site No. 23 Yakuoji Temple

Famous for protection against misfortune as well as for its cherry blossoms, you can also experience copying sutras within the temple grounds.

● Address: 285-1 Teramae, Okugawauchi-aza, Minami-cho, Kaifu-gun, Tokushima