Yurihama Walking Resort



Come walk and refresh in Yurihama! ~ love, warm, nature~



For further details, visit the Yurihama Walking Resort website (Japanese) at:

http://genkiwalking.net/

genkiwalking

Q

Yurihama Chamber of Commerce and Industry 501-1 Ryūtō, Yurihama-chō, Tōhaku-gun, Tottori-ken 〒689-0714 TEL: 0858-32-0854 FAX: 0858-32-0893

milimili Participating Shop

### The Town that Enchanted Gods and Celestial Maidens

#### Once upon a time,

the kind and beautiful Princess Shitateru lived with her father, Lord Ökuni, in a land called Izumo. In her quest to overcome the pain of the death of her beloved husband and separation from her hometown of Izumo, she soon arrived at the area that is now Yurihama's Lake Tögö.

It is said that Princess Shitateru brought agriculture and safe child delivery methods to the land, and she came to be well-loved by the people there.

#### Once upon a time,

a celestial maiden appeared atop Mount Ueshi and wed a youth from the village.

However, she one day found her supposedly lost heavenly robes, and returned home to the heavens. Her husband and children were struck with grief. Her children would earnestly play their flute and drums, hoping the sound would reach their mother and bring her back.

There is something about the land around Lake Togo that has captured the hearts of all who visit since ancient times.

The local residents have taken great care to protect this land as they give thanks for the blessings of its nature, including the onsen hot springs and rich mountain greenery.

> We invite you to come and enjoy walking around Lake Togo and the town that has benefited from its many favors. We hope you encounter the town's many charms that Princess Shitateru and the celestial maiden must surely still remember. (\*\*\*\*)

| Name                         | Water Stn | Restroom | Rain Gear Sold | First Aid | Course Info | Rest Stop | Phone | Course No. |
|------------------------------|-----------|----------|----------------|-----------|-------------|-----------|-------|------------|
| Maeta Store                  |           |          |                | 0         | 0           |           | 0     | 0.0        |
| Café Achelino                | 10000     |          |                |           | 0           |           |       | 0.0        |
| Morita Liquor & Tobacco Shop |           |          | 0              |           | 0           |           |       | 1.4        |
| Kunita Liquor Shop           |           | 0        | 0              | 0         |             |           |       | 6          |
| Hawai Yu-Town                |           | 0        | 0              | 0         | 0           | 0         | 0     | 1          |
| Yamamoto Souvenir Shop       | 0         |          |                | 0         | 0           | 0         | 0     | 0          |
| Matsumoto                    |           | 0        |                |           |             |           |       | 0          |
| Wakaba Café                  |           |          | T              |           | 0           |           |       | 1          |
| To-an Restaurant             | 0         | 0        |                |           | 0           |           |       | 0          |
| Warazake Hanjõ               | 0         |          |                | 0         |             |           | 0     | 0          |
| Caté Cloverdale              |           |          |                | 0         | 0           | -         | 0     | 1          |
| Akabō Hasegawa Runners       |           | 0        | -              |           |             |           | 0     | 0          |
| Bessho Community Center      |           | 0        |                |           |             |           |       | 6          |
| Nakahara Soy Sauce Shop      |           |          |                | 0         | 0           |           | 0     | 0          |
| Sakana Choir Fish Shop       | 0         | 0        |                | 0         | 0           | 0         | 0     | 0          |
| Ishinuma Tomari Shop         | - Indi    | 0        | 1              |           | 0           |           | -     | -          |
| Ishinuma Hawai Shop          |           | 0        |                |           | 0           |           |       | -          |



### contents

2

(Participating Shops & Services Available)

milimili

| Name                            | Water Str | Restroom  | Rain Gear Sold | First Aid | Course Info | Rest Stop     | Phone | Course No. |
|---------------------------------|-----------|-----------|----------------|-----------|-------------|---------------|-------|------------|
| Kosenkaku Yöjökan Japanese Inn  |           | 0         |                |           |             |               | 0     | 0.0        |
| Asahi Ryokan                    |           | 0         | 1233           | 0         | 0           | 5.23          | 0     | 0.2        |
| Suimeisö Hotel                  |           | 0         |                | 0         | 0           |               | 0     | 0.0        |
| Bekkan Yu no Shima Japanese Inn |           | 0         |                | 0         | 1.4.4       | 12000         |       | 0          |
| Bökor Japanese Inn              |           | 0         |                | 0         | 0           |               |       | ٢          |
| Tögökan Japanese Inn            | 0         | 0         |                | 0         | 0           | 0             | 0     | ٩          |
| Sennentei Japanese Inn          | 0         | 0         |                | 0         |             | 0             | 0     | ٢          |
| Yu no Yado Saika Japanese Inn   | 10        | 0         | ARGE I         | 0         | 0           | 0             | read. | 0          |
| Suisen Japanese Inn             |           |           |                | 0         |             |               |       | 0          |
| Hagoromo Japanese Inn           | 1000      | 0         | i II           | 0         | 0           | il and        | 1.1.1 | 0          |
| Seikaikan Guesthouse            | 0         | 0         |                | 0         | 0           | 0             | 0     | 0          |
| Roadside Station Enchoen        | 0         | 0         | 0              | 0         | 0           | 0             | 0     | 0.2        |
| Chinese Souvenir Shop Röryütö   | 0         | 0         | 0              | 0         | 0           | 0             | 0     | 0.0        |
| Restaurant Kikka                | 0         | 0         |                | 0         | 0           | 0             | 0     | 0.2        |
| Mini-Rest Opit                  | 0         | 0         |                | 0         | 0           |               | 0     | 0.2        |
| Yüden Electronics               |           | 1.5       |                | 6.53      | 0           | in the second |       | 0.2        |
| Tanpopo Restaurant              | 1         | 0         |                |           |             |               | 0     | 0.2        |
| Takahashi Liquor Shop           | 1         |           |                | 0         | 0           | 1             | 0     | 0.2        |
| Mitsukuni Footwear Shop         |           | 0         |                | 0         | 0           |               |       | 0.0        |
| Caté Doru                       | 17270     | 1 - Derra | 123.4          | 0         | 0           | WAS 3         | 0     | 0.0        |
| Satoh Japanese Dining           |           | 0         | 0              | 0         | 0           |               | 0     | 0.2        |
| Tami Guesthouse                 |           | 0         |                | 0         | 0           |               | 0     | 0.2        |
| Panini Bakery                   | 0         | 0         |                | 0         | 0           | 0             |       | 0.2        |
| Tsumura Fishing Shop            | 125       | 0         | 0              | 0         | 0           | 0             | 0     | 0.2        |
| Poplar Convenience Store        |           | 0         | 0              | 0         | 0           | 0             | 0     | 0.2        |
| Kisui Kükö Bookshop             | 1.025     | 120-1     | 10-28mg        | 16-25-8   | 0           | 1             |       | 0.0        |
| Mitsukuni Bicycle Shop          |           |           |                | 0         |             | 0             |       | 0.0        |
| Itó Tatami Workshop             | 115       | 0         | 10000          | 0         | 0           | 0             | 0     | 0.0        |
| Ashiba Stationary Shop          | 1         | 1         | 0              | 0         |             | 0             |       | 0.0        |
| Mihara Photo Studio             | 1 Same    | 0         | -              | 0         | 0           | 1.            | 0     | 0.0        |
| Calé Ascot                      | U         | 0         |                | 0         | 0           |               | 0     | 0.0        |
| Yodoya Noguchi Shop             | 122       | 0         | 0              |           |             | 1             |       | 0.0        |
| Yamato Shop                     |           | 0         | 0              | 0         | 0           |               | 0     | 0.0        |
| Yorozu Shop                     | 0         | 1-2-      |                | 0         | 0           | 0             | 0     | 0.0        |
| Fukura Brewery                  | 0         | 0         |                | 0         | 0           | 0             | 0     | 0.0        |
| Hinata Restaurant               | 0         | 0         |                | 0         | 1.2.15      | -             | 0     | 0.2        |
| Creative Autos                  |           | 0         |                | 0         | 0           |               | 0     | 0.2        |

Introduction and Table of Contents...1 Natural Healing Spots in Yurihama ... 3 Course Introduction and Access Map ... 7 Walking Gear & Tips ... 9 Walking Rest Station Overview ... 10 Lake Togo Walking Route---11 Retro Showa Era Route…13 ~Legend of the Heavenly Robes~ Mount Ueshi Course...15 Waterfalls Walk ··· 16 Höki Ichinomiya & Shrine Visit Route…17 Historical and Cultural Heritage Route-18 The People of Yurihama...19 Fragrant Pear Blossoms Path ... 20 Sea Breeze Port Walk ··· 21 Shops & Restaurants…22 Hotels & Hot Springs Facilities ... 29 What is milimili? Milimili is Hawaiian for "beloved" or "favorite." We chose this word to show the pride we feel towards Participating Shops ... 33

our beloved town that surrounds Lake Togo, Yurihama.

### Smilimili Hotels & Hot Springs Facilities

# Healing Spots in Yurihama ~ milimili spots around Lake Togo ~



milimili

#### Imadaki Falls Course 3 (P.16) At a height of 44 meters, Imadaki Falls eaves an impact with its old

towering trees and white, stream of water failing against the background of andesite clifts. Take in the healing atmosphere and beauty of the forestpowerful in any season.





Tõgõ Onsen

### kosenkaku Yöjökan Japanese Inn

Located on the shores of the lake, this inn offers a beautiful view of the red-stained sunset as well as several hot springs baths. You can also enjoy a walk in the expansive garden. Many politicians, poets, artists, and other prominent figures have stayed at this inn throughout the years. 144 Hikiji, Yurihama TEL: 0858-32-0111 Website: http://www.yozyokan.jp

#### Suimeisö Hotel



This is a grand Chinese hotel equipped with a large communal bath, an open-air bath, as well as several private baths. Guest rooms include both Japanese and Westerm-style rooms, with handicapped-accessible accommodations also available. Guests can enjoy local dishes and the bounties of the Sea of Japan. 132 Asahi, Yurihama TEL: 0858-32-0411 Website: http://www.suimeiso.jp



#### Sawa no Yu Japanese Inn

Sawa no Yu is a quiet inn with a retro and homey atmosphere. There are two baths with hot springs water flowing straight from the source that you enjoy to your heart's content! There are also generous portions of seasonal dishes served in your room.

61 Asahi, Yurihama

TEL: 0858-32-0331



#### Asahi Ryokan

The Asahi Ryokan is a 2-story inn with a quiet and calm atmosphere where you can make yourself at home and relax as you lookout over Lake Togo. With various plans available, lone and business travelers are also welcome.



#### TEL: 0858-32-2468

### Onsen Hot Springs Facility: Tõgõ Yuasis Ryühökaku

This multi-purpose onsen and recreational facility makes use of the rich water of the Tögö onsen. Visitors can enjoy a full day of fun with the family in its pools and baths (swimsuit and no swimsuit options available), food court, and nap room.

560-7 Hikiji, Yurihama TEL: 0858-32-2622 Website: http://www.ryuhoukaku.jp



#### Seikaikan Guesthouse

This guesthouse is found right in front of the Ishiwaki Beach, which was selected as one of the 100 best swim beaches in Japan. Visitors can use the guesthouse as a summer home or choose from a variety of meal and lodging options- all at an affordable price.

970-2 Ishiwaki, Yurihama

TEL: 0858-34-2632

### milimili Hotels & Hot Springs Facilities 🗳



#### New Takahashi Japanese Inn

This hotel offers both the relaxation of a traditional Japanese-style inn and the warmth of a guesthouse. Guests are invited to use the large baths at any time. With a view of the lake, home-style cooking and friendly service, the hotel has many repeat visitors!

4-48 Hawai Onsen, Yurihama

TEL: 0858-35-3211



#### Suisen Japanese Inn

Sitting on the lakeshore, Suisen accepts only 5 groups a night. The facilities are clean and surrounded by a calm atmosphere. Guests are welcome to use the natural hot spring baths 24 hours a day. The inn also gets great reviews for their service and cuisine!

15 Hawai Onsen, Yurihama

TEL: 0858-35-2200



#### Tõgökan Japanese Inn

Established in 1897, this Japanese inn has a nostalgic and homey atmosphere. With family-sized hot springs onsen baths, this inn is suitable for both couples and families.

4-24 Hawai Onsen, Yurihama

TEL: 0858-35-2010



### koi no Yu Guesthouse

Koi no Yu's delicious seafood and natural onsen have received raving reviews. They pride themselves on their generous seafood portions, which are often left unfinished. The crab and shrimp dishes are also very popular!

31-1 Hawai Onsen, Yunhama

TEL: 0858-35-3226



### Yamamoto Business Hotel

This business hotel is ideal for both business and lone travelers. Weary travelers can soak in the natural onsen baths (available in each room) to melt away their fatigue. There is also a large shop on the first level with local souvenirs and goods available.

6-10 Hawai Onsen, Yurihama Website: http://e-hawai.jp TEL: 0858-35-4141



### Onsen Hot Springs Facility: Hawai Yu-Town

This hot springs facility uses the hot spring water of the Hawai Onsen. With a bright and open interior, Hawai Yu-Town offers an experience similar to a public bath and a wonderful feeling of release.

204-2 Kami Asozu, Yurihama



#### Mount Izumo Scenic Lookout Point Course (P.11) Course (P.17)

Long ago, Princess Shitateru, the daughter Lord Okuni of Izumo, arrived in the area and came to reside within the Shitori Shirine. She longed for her hometown and would often gaze towards izumo from the top of the hill. Seeing this, the locals came to call the mountain Mount izumo.

### Shiokaze no Oka Tomari Course (P.21)

Shickaze no Oka Tomari is a ground golf course for both recreational and competitive players. Other attractions include riding the 340 meter-long Super Slider down the mountain, a giant windmill and real-size dinosaur replicas.



#### 🖊 Shitori Shrine

Course 4 (P.17)

Explore the mystical grounds of the Shitori Shrine, a prestigious shrine that attracted worshippers as an important shrine of the Höki Province from ancient times. The name comes from the word shizvori a woven fabric that was the primary industry of the region at the time. The shrine is dedicated to the deity of needlework. Take-he-dzuchi, and Princess Shitateru, to whom visitors pray to find a good match or for a safe delivery.





this charm called the Rohan the kunst your wish 1002 7000



Smilimili Hotels & Hot Springs Facilities

#### Bökorö Japanese Inn

This grand Japanese-style inn towers over Lake Togo. Appearing to be floating over the lake, it prides itself on its hot springs baths, which offer a feeling of release and an exceptional view of both the lake and the surrounding mountains. The inn's seasonal cuisine is also quite popular.

TEL: 0858-35-2221 4-25 Hawai Onsen, Yurihama Website: http://bokoro.com



Hawai Onsen

#### Yu no Yado Saika Japanese Inn

This seaside inn offers a simple and relaxed atmosphere. Enjoy the picturesque scenery of Lake Togo as you soak in the hot springs and the traditional Japanese cuisine served in your room for dinner and breakfast. Please come and unwind!

4-74 Hawai Onsen, Yurihama. Website: http://yunoyadosaika.jp TEL: 0858-35-3311



Sennentei Japanese Inn

This 6-story inn was built in the traditional sukiva style and offers a wonderful view of Lake Togo from the guestrooms. The outdoor hot springs bath also allows you to enjoy watching the various water fowl that come to rest their wings.

4-62 Hawai Onsen, Yurihama Website: http://www.sennentei.net/ TEL: 0858-35-3731



#### Hagoromo Japanese Inn

With its own hot spring, this inn prides itself on its indoor and outdoor hot springs, as well as its traditional Japanese cuisine made from seasonal ingredients. You can also enjoy BBQ and try ground golf at the adjacent facility, Fureai Land.

21-1 Hawai Onsen, Yurihama Website: http://e-hagoromo.com

Suigo Ryokan Japanese Inn

#### TEL: 0858-35-3621



6-1 Hawai Onsen, Yurihama Website: http://ryokan-suigou.jp





Bekkan Yu no Shina Japanese Inn

You can enjoy generous servings of delicious seasonal dishes and a popular carp dish at this homey, warm, and welcoming Japanese-style inn.

marked) to meet your needs. Baths are open 24 hours/day, with private baths also

5-1 Hawai Onsen, Yurihama

available.

TEL: 0858-35-2201

### Milimili Healing Spots in Yurihama



Locals have used the onsen hot spring water that bubbles up from the center of Lake Togo to heal both body and mind at the Hawai and Togo onsens since long ago. In addition to the scenery, the rich quality of the water has anti-inflammatory characteristics and helps to both relieve pain and moisturize the skin.





### Hawai Onsen

 ${igstar}$  Hawai Unsen  ${}^{\sim}$  A Picturesque Hot Springs Floating on the Lake  ${}^{\sim}$ Hawai Onsen sits on the western bank of Lake Togo, one of the San'in Region's top 8 most beautiful sights. Traditional Japanese inns line a sandbar that sticks out into the lake, giving it the striking appearance of a village floating over the lake. 4 footbath locations are also available for

Onsen Type: Chloride & Sulfate Springs Therapeutic Effect: Rheumatism, gynecological issues, nerve and joint pain

#### Tõgõ Onsen 🐸 ~A Hot Springs Town Filled with Lakeside Charm~

visitors to enjoy.

The Togo Onsen district is located on the southern bank of Lake Togo and is home to the local legend of a celestial maiden who lost her heavenly robes. Traditional Japanese inns can be found from the JR Matsuzaki Station all the way to the shores of the lake. 3 footbath locations are also available.

Onsen Type: Chloride & Sulfate Springs

Therapeutic Effect: Nerve, joint and muscle pain, still shoulders, paralysis





### K Chinese Garden Enchoen Course (P.11) Course 2 (P.13)

Built in a style beloved by generations of Chinese emperors, Enchoen is one of the largest Chinese. cardens in Japan. This expansive garden has 28 viewing spots and was built using only authentic materials imported in from China. There is also a peorly garden and the Kinzanrei Bridge in this mini-Chinatown



### Course 7 (P.13)

🐺 JR Matsuzaki Station

The area around the station once thrived as an inn town along the roadways, with traditional craftsmen lining the street and onsen hot springs to relieve fatigue. The Matsuzaki Station continues to creet visitors to this day with a retro atmosphere.

North seeing!





## Yurihama Wajking Resort

### Course Introduction and Access Map

### Course : Lake Tõgõ Walking Route

Enjoy the view as you push yourself to complete this walk Distance: 12km (approx.)

Home to a legend of a celestial maiden coming down from the heavens. Yurihama's Lake Tôpô is one of the top 8 picturesque sights in the San'in Region. Excluding a few steep slopes, this course is generally flat and takes you past many of the town's main attractions.

Tögö Yuasis Ryühökaku, Ayame Pond Sports Center, Hawai Yume Hiroba & Caté ippo, Hawai and Tögö Onsen Tourist. Information Center



- Osaka ~ Childoku EXPY → Tottori EXPY (approx, 3.5 hrs) By Hiroshima ~ Chùqoku EXPY → Yonago EXPY → Route
- Car 313 (approx. 3.5 hrs)
- Okayama ~ Okayama EXPY → Chigoku EXPY → Yonago EXPY → Route 313 (approx. 2.5 hrs)

### Course 4: Hoki Ichinomiya & Shrine Visit Route

Enter the world of myths as you pass through the gates to the shrine. Distance: 4.5km (approx.)

Walk through the sacred atmosphere of the Shitori Shrine, dedicated to Princess Shitateru, the guardian deity of women. Along the path lies the "Anzan Iwa," said to answer prayers for safe child delivery. The shrine is also considered to be a power spot for women seeking to find a good husband.

Avame Pond Sports Center

Tokyo ~ Tottori Airport (approx, 70 min) → Highway Bus for ц Ч Misasa/Kuravoshi - Matsuzaki Station (approx. 40 min) ≥ ■Tokyo ~ Yonago Airport (approx, 80 min) → JR Ltd Express Matsukaze to Kurayoshi Station (approx. 30 min)

### Course 5: Historical and Cultural Heritage Route

Get past the uphil portion for a spectacular view! Distance: 6km (approx.)

Trace the history of the area as you pass the ancient burial mounds at Uma no Yama and the Hashizu Feudal Clan Storehouses on this scenic course, with the Sea of Japan to the north and Lake Togo to the south. The incline may be a bit tiring, but the view is worth it! You can also enjoy a less strenuous walk along the river.

Hawai Yume Hiroba & Caté ippo

### The Genki Ume (Peppy Plum) Brand

The Genki Ume brand was created to bring out the lively spirit of the town, which is tied to the spirit of its residents. With large seeds and thick flesh, the Nokyö Bungo Japanese plums used are said to help in relieving fatigue and increasing vitality. Local shops and restaurants continue to develop goods and dishes using the "genki ume."

#### Plum Gelatin Desserts (herbourg)

Featuring a whole Japanese plum at its center, this celatin dessert offers a light and refreshing taste. oitting the tartness of the

olum against the sweetness of the celatin. It also makes a tabulous souvenir!

Sweets Factory Cherbourg Tel: 0858-35-5355

#### Handmade Pound Cake Yu no Yado Saikal



The proprietress of the Yu no Yado Saika inn created the recipe for this handmade pound cake. Served in the inn's café, this rare treat has raving reviews and allows quests a taste of the locally grown Nokyö Bungo Japanese plums.

Yu no Yado Saika Tel: 0858-35-3311

Handmade Plum Jam kokorone



First created by a French restaurant, this handmade jam features the distinct sweet and sour taste of ripe Japanese plums. Use it on your bread, vogurt, or cakes- or try it as a topping for fish and meat dishes!

#### Plum fieldtin Prink Paninil



Genki Ume Amazake

Fukura Brewery }

sweet, non-alcoholic rice-drink) made

Fukura Brewery Tel: 0858-32-2121

Double your fun with both the sweet

delight. The plum can be used as is for

desserts, while the syrup is perfect for

drinks and anything you can imagine!

Japanese plum in this handmade

syrup and large Nokyo Bungo

a topping for yogurt and other

Kokorone Tel: 0858-35-6411

kokoronet

Pickled Plum Syrup

Panini Yurihama Location

Tel: 0858-24-4722

With an elegant

reddish-fint and refined taste, this drink

is a perfect coupling of Nokyō Bungo

Japanese

plums and a

amazake (a.

local brewery's

using 100% rice malt.

lightly

among Yurihama's тали locally-made ice cream flavors, oenki ume ice cream offers the perfect contrast between the

A new taste



Genki Une Ice Crean

refreshing taste of the Nokyō Bungo Japanese plums and the light creamy taste of the ice cream.

Restaurant Kikka Tel: 0858-32-2633

#### fift of the Celestial Maiden (Yanhana Charler of Converse Nover's Wrision)



In honor of the area's legend of the celestial maiden, the maidens of the Chamber bring to you this box lunch made using local ingredients. Enjoy the plum riceballs, tempura mountain vegetables, and other delights!

Restaurant Satou Tel: 0858-32-0752 Restaurant Kikka Tel: 0858-32-2633 Virbana Chamber of Conmerce: Tel: 0858-32-0854

Genki Ume Plum Vinegar Restaurant kikkaf

Fragrant and ripe Japanese plums are pickled for 3 months to extract the essence used in this healthy cooking vinegar, which can be used for drinks. dressings, or even as a secret

ingredient!



Restaurant Kikka Tel: 0858-32-2633

#### The Springs of the Seven Gods of Good Fortune

There are seven hot springs footbaths located around the Hawai and Topo onsens for you to soak your feet. in. These footbaths create a perfect place to connect with others as you relax your body and mind. All footbaths are free to use, so bring a towel and enjoy!

#### Onsen Type

Sulfate Springs

Chloride &

Therapeutic Effects

Nerve, joint and muscle pain, stiffness, bruises, sprains, cold sensitivity, chronic digestive disorders, hemorrhoids. exhaustion, improved health

### #7 Fbisu no Yu

Take a moment from your trip to enjoy some lively conversation at this stylish footbath. featuring cycads and a fun southern European atmosphere



Hours: 10am - 9pm Open Year-round Closed during maintenance and weekly Monday cleanings.

### Footbath #4 Benzaiten no Yu

Found near a dock, this hot springs footbath is appropriately shaped like a boat and offers a beautiful view of the lake sprawling out in front of you. The sunset over Lake Tócó is especially romantic!



Hours: 10em - 9pm Open Year-round Closed during maintenance and weekly Monday cleanings.

#### \$6 Bishamonten no Yu/koi no Yu

Bishamonten no Yu (Koi no W) is marked by a monument of two caros and is found within the Tögö Lakeshore Park. You can also enjoy onsen tamago (eggs cooked using the hot spring water).

Hours: 10am - 9pm Open Year-round Closed during cleaning and maintenance.





Hours: 10am - 5pm Open Year-round. Panini Yurihama Location Tel: 0858-24-4722

### Course 2: Retro Showa Era Route

Fridy the retro Showa era sions and buildings found in this former inn town. Distance: 5km (approx.)

The area around the JR Matsuzaki Station remains unchanged from the early part of Japan's Showa era. Take a trip back to a different time with retro signs and buildings, as well as a liquor store and soy sauce shop dating back to the Meiji era. You can also enjoy power spots such as the Matsuzaki Shrine

Tōpō Yuasis Ryühökaku

### Course 3: Waterfalls Walk

Enjoy a visit to 2 waterfails on this nature exploration quest

Distance: 12km (approx.)

Rest assured that the paved paths will quide you, even if you miss the signposts as you enjoy the scenery or the cool shade of the forest. Fudödaki Falls is a magnificent waterfall dedicated to a Buddhist deity. If you walk 4km further, you will come to Imadaki Falls. This is the perfect course for waterfall lovers!

Avame Pond Sports Center



Kuravoshi Station → Car (approx. 10 min) S Railway ■Okayama ~ Ltd Express Super Hakuto (approx. 3hrs) → Kuravoshi Station → Car (approx, 10 min)

### Course 6: Fragrant Pear Blossoms Path

An easy course along the scenic foothills of Yurihama. Distance: 5km (approx.)

You start at the Togo Sports Park, tucked away in the nature of the town's foothills, and set out on the Prefectural Route 29. As you walk along the Kuninobu and Bessho districts, you will be able to experience the heart of Japan, with pear orchards, earthen storehouses and other traditional landscapes.

Tógö Sports Park

■Osaka → Kurayoshi Station (approx. 3hrs 30min) ■Hiroshima → Kurayoshi Station (approx. 4hrs) Bus ■Fukuoka → Kuravoshi Bus Center (approx. 9hrs by overnight. his

### Course 7: Sea Breeze Port Walk

Distance: 4.5km (approx.)

The home of ground golf, Shiokaze no Oka Tomari is located atop Mt. Köki, where it has an unparalleled view of the Sea of Japan. You can also experience the "sincing" sand of the nearby Ishiwaki Beach on this liberating course.

Shiokaze no Oka Tomani



# Fykyrokujy no Yu Course (P.12)

lexcept during maintenance and weekly Monday cleanings).

The Fukurokuju no Yu

a calm and nostalcic

wooden structure with

especially recommended

Hours: 10am - 9pm Open Year-round

#3 Jurolin no Yu

Hours: 10am - 9pm Open Yearround

for healing bruises and

This unique footbath

cleverly incorporates

the bench of the bus

your feet during your

A fabulous view of the

spring water).

walk to relieve your

fatioue!

stop. Stop by and soak

footbath is an old

atmosphere. It is

for those who are

sensitive to cold.

#### onsen tamado (edds cooked using the hot

Closed during maintenance and weekly Monday cleanings.

#5 Hotei no Yu/Megumi no Yu

Open 24 hours/day, year-round (except during cleaning or maintenance).

#7 Daikokuten no Yu







# milimili style Gear to improve your walking experience tenfold!!

A good hat will help Protect you from UV rops. How about during to go with a funn flashy and bright color?

#### Nordic Walking Poles

These Poles are like magic staffs that help to improve your posture and striide! Definitely give them a try if you haven't already!



before

FOR Port

### Essential Walking Tips

#### ( When choosing your shoes...

Wear shoes that you are accustomed to walking in. Be sure to break in any new shoes before going on a long walk!

### When choosing your socks...

Rubbing can occur between toes as you walk, often resulting in blisters. To avoid this, 5-toed socks are recommended as an alternative to taping (as to not burden your other toes).

### 3. Adjust your walk accordingly!

When walking, pay attention to both external conditions (such as the weather) as well as what your body is telling you.

### (4.) When taking a rest...

Remove your shoes and wipe off any sweat to keep your feet dry. In the event of excessive sweating, consider changing your socks.

### 5. Preventing blisters...

Before putting your socks on and heading out for a walk, it helps to tape your feet or use fabric duct tape on the bottom of your feet where blisters are likely to occur.

### 6. Using a backpack…

A backpack is recommended to allow you to keep both of your hands free, resulting in improved posture and stamina. Sakana Choir

Sakana Choir, a fresh fish and dried goods market, is located near the Tomari Fishing Port. This shop aims to enliven the area and continues to promote the idea of local production for local consumption. We invite you to try the shop's high quality seafood and soft, chewy dried goods sold-delicious down to the

sauce!





Inquiries: Sakana Choir Tel: 0858-34-6055 Hours: 8:30am - Noon Closed Mondays

#### Lunch at the Tomari Fishing Port

One of only a few found in Tottori, Tomari's fishing port is not to be missed! We invite you to enjoy a hearty BBQ-style meal made from the fresh seafood and served on the port's rocky

cliffs. Get to know the local fishermen and take a gander at the dried goods and fish available for sale!

Cost: 2,500 yen/person (includes rice, miso soup, small souvenir) Season: April - Mid-November Time: 11:30am - 1pm (negotiable) Min. number of people: 15+

Inquiries: Yurihama Tourism Association Tel: 0658-35-4052 http://www.yurihama-kankou.jp

### Pear Picking

At Nanzeki Gardens, great care is taken in growing the pears of its orchards- and they are waiting to be picked! Enjoy picking greenhouse-grown pears, 20th Century Pears, and Shinkoh Pears from early August through mid-November. Nanzeki Gardens also

sells direct and ships all across the country.



Kobayashi Farms grows its strawberries using techniques that place special emphasis on the quality of the water, soil, and general environment. With a sweet scent in the air, the spacious greenhouses are easy to navigate and are kept at a warm 25°C. The staff will instruct you on how to select, pluck, and eat the sweetest strawberries, Recommended for families, couples, and friends alke!



Inquiries: Narzeki Fruit Producers Union Tel: 0858-32-1821 Hours: 8am-5pm Season: Early August through Mid-November (Open Daily) http://www.apionet.or.jp/narzekien Inquiries: Kobayashi Farms Tel: 0858-34-2064 Hours: 8am - 5pm Season: Early March - early June By reservation only. http://www.yurihama-kankou.jp http://tottori-shimyuki.com



Take in the elegant atmosphere of the impressive 44-meter Imadaki Falls and the surrounding nature as you enjoy an extravagant lunch of seasonal dishes, all made from local ingredients. Your meal is served on the riverbed near the plunge basin of

the waterfall, allowing the sound of the waterfall to sooth you as you eat.



Lunch Cost: 1,500 yen/person Season: Late May - Mid-November Min. number of people: 4+

Inquiries: Yurihama Tourism Association Tel: 0858-35-4052 http://www.yurihama-kankou.jp





#### Course (P.21)

Nakahara Soy Sauce This soy sauce shop has used traditional methods to brew its soy sauce since Japan's Taishō era. With a low salt content and light bonito flake flavor, its Ryori Jiman soy sauce is perfect for cold tofu. pickled dishes, and noodle broth.



Tel: 0858-34-2035 Hours: 8:30am - 5pm Closed holidays & 1st, 3rd weekend http://www.nakaharashouvu.com

Lake Togo Shilini Clans

Also called "Black Diamonds" due to their color and luster, shijimi are clams whose large size is characteristic of those found in brackish lakes. As a specialty product of Lake Tôgō, shijimi clams are often used in dishes served at the Japanese-style inns and are available for sale at Togo Yuasis Ryühökaku.



Inguiries: Tögö Yuasis Ryühökaku Tel: 0858-32-2622 http://www.ryuhoukaku.jp



Cream" to showcase local

one bite of any flavor of this

ice cream, packed with local

flavors, will leave you saying,

Japanese or Italian flavors, we

know you will find your flavor.

"I love Yurihama!" With

everything from fruity to

Tel: 0858-35-4052

http://www.yurihama-kankou.jp

Tottori Gväkotsu Ramen

Tottori's gyűkotsu (beef bone)

B Grade Gourmet Too 50 list.

This popular local dish uses a

broth flavored by beef bones

and has over a half-century of

history. With a mouth-watering

after-taste, it is a favorite of

ramen lovers everywhere. We

gyükotsu ramen, starting near

invite you to try all of Yurihama's

beefy aroma and light

Matsuzaki Station!

ramen ranked second in Japan's

specialties and products. Just

Course (P.12)

#### Yananata Souvenir Shap

With a variety of local goods. available including ceramics and Tottori Prefecture's Inshū Japanese washi paper, you are invited to sit down, relax, and enjoy samples as soon as you enter the door. You can also take in the history of the area through pictures of Lake Togo from the late 1940s and old sov sauce barrels that

date back to Japan's Taishō

era.





Tel: 0858-35-4141 Hours: 9am - 9pm **Closed Wednesdays** http://e-hawai.jp

#### Kahori Bukuro Charms

The goddess enshrined at the Shitori Shrine, Princess Shitateru, was known for both her beauty and intelligence. As such, the shrine has become known as a power spot for women seeking to increase their femininity. When visiting the shrine, offer one of these fragrant talismans and keep the other with you to help refine your feminine charm!



Inquiries: Yurihama Tourism Association Princess Shitateru & Kahori Bukuro~ Shitori Shrine Worship Tour Tel: 0858-35-4052 http://www.yurihama-kankou.jp

### Walking Rest Stations & Service Overview

Course (P.11)

### Hawai Yume Hiroba · Café ippo Course (P.11) Tel: 0858-35-6161 Open: 10am - 5om (Apr - Nov) Course 5 (P.18) 11am - 4pm (Dec - Mar) Closed Mondays. http://blog.livedoor.jp/cafeippo Hawai & Tögö Onsen Tourist Information Center

Tel: 0858-35-4052 Hours: 9am - 5om Open daily year-round. http://www.hawai-togo.jp



### -Tōgō Sports Park

Tel: 0858-32-2840 Hours: 8am - 5pm (until 6pm during July & Aug) Closed during the New Year holidays.







\* Walking Station

### Shiokaze no Oka Tomari

\* Tōgō Yuasis Ryūhōkaku

Tel: 0858-34-3217 Hours: 8:30am - 5pm Closed during the New Year holidays.

Course (P.21)

Equipped .





\*Rest stations equipped to deal with emergency situations and offer maps, trail guides, bandages, and restrooms. Rain gear sold only at Ryühökaku and Shiokaze no Oka Tomari. [Legend]





### Course : Lake Togo Walking Route

Enjoy the view as you push yourself to complete this walk!



## Hot Spring Footbaths (Springs of the Seven Gods of Good Fortune)

One of the highlights of walking around Lake Togo is the hot spring tootbath experience. There are 7 locations around the lake for you to leisurely soak your feet in. Each footbath is dedicated to one of the seven gods of good fortune and has its own unique breathtaking view for you to enjoy.





### Onsen Tamago ~Hot Spring Eggs!

Onsen tamago are soft-boiled eggs slowly cooked in the hot. springs water for 20-30 minutes. Try your hand at onsen tamago while you soak your feet at the Bishamonten no Yu or Hotei no Yu footbaths!



### Lake Tögö

whate of the celestial Maiden's Descent~

Resembling a crane spreading its winds, Lake Tödö boasts a circumference of 12km and depths ranging from 2-7m. Said to be one of the San'in Region's most beautiful sights, the lake is home to a variety of sea life, such as carp and freshwater clams, as well as migratory birds during the winter. The hot spring in the center of the lake serves as the source for both the Hawai and Togo onsens.







Matsuzaki ward in 2015. Kisui Kūkō is a used bookshop with a wide selection of books across various genres, offering a taste of the world around us. Come and enjoy a good bookand feel free to ask the shopkeeper if you have any questions! You can also enjoy the view of Lake Todo over a cup of home-brewed coffee or chai.



Tel: 090-6733-9943 Hours: 1pm - 8pm **Closed Tuesdays & Wednesdays** http://tmmate4.wixsite.com/kisuikuko



This brewery prides itself on quality, using locally grown rice and techniques passed down from a master brewer in Izumo. The junmai and ginjo sake that line the walls-many of which award winning-were made following traditions from the Meiji era. Highly recommended for liquor connoisseurs.



Tel: 0858-32-2121 Hours: 9am - 5pm Closed Sundays and holidays. Open Saturdays. http://www.fukura-syuzou.com

### Toman

With both counter and tatami seats available. To-an is a local favorite located in the Hawai Onsen district- especially during crab season! The fabulous lunch special is very affordable, so the restaurant is often booked solid! With fresh fish delivered from the port in Sakai Minato, dishes are made using local ingredients. As a bonus, if you order the set course, you will get a free onsen bath voucher for the Sennentei Japanese inn.



Tel: 0858-35-4545 Lunch Hours: 11:30am - 1:30om Dinner Hours: 5:30 pm - 11pm **Closed Wednesdays** 

> YOROZH Shop Course (P.12) Course 7 (P.14)

**Closed Tuesdays** 

Found along Matsuzaki's retro streetscape, this local soy sauce shop has sold both regular and sashimi soy sauces since the Meiji era. The well-loved flavors have remained unchanged over the years with some of the large barrels used dating back over 100 years.



Tel: 0858-32-0127 Hours: 7am-7pm Daily

#### Warazake Hanjō

With a surprisingly spacious interior, Haniö offers a menu of locally caucht fresh seafood and a variety of alcoholic beverages. Its miso soup is made using the shijimi dams from Lake Togo and all the dishes are served with attention to presentation. Come and relieve your weariness at what has become a new popular spot for the locals since it opened in 2014- not to mention the owner's contagious bright smile!!





Distance: 12km (approx.) Elevation Gain: 50m Estimated Time: 2.5hrs Calories Burned: 540 kcal milimili Walking Map

### Café Achelino

Found atop a hill lined with sakura trees, Café Achelino is an Italian café built in a renovated old school building in Yurihama. The café uses mainly local ingredients and offers a space to relax and experience both the seasons and the many charms of the town. Families with young children are also welcome!



Tel: 070-2367-1183 Hours: 11am - 9pm Closed Tuesdays https://www.facebook.com/caf eAchelino.1002/

### Sweets Factory Cherboug

Having loved cake since childhood, Cherbourg's pastry chef knows the importance of good ingredients. The eggs, milk and water, as well as the generous portions of fruits and vegetables, are all locally produced. Try the famous vanila bean Yurihama Stone Ground Cream Puffs for an unforgettable taste!



Tel: 0858-35-5355 Hours: 9:30am - 7pm Closed Tuesdays http://www.cherbourg-provenca.jp/

### Restaurant Kikka

Restaurant Kikka is a Japanese restaurant located on the shores of Lake Tögö, with approximately 90 seats and several Japanesestyle rooms available for parties or meetings. The restaurant offers healthy meals made using local ingredients, as well as Tottor's famous

gyükotsu (beef bone) ramen and Yurihama's specialty shijimi clams from Lake Tögö.



Tel: 0858-32-2633 Hours: 11am - 9pm Open Daily http://www.e-kikka.com

> Chinese Souvenir Shop Röryätö Course / (P.12) Course 7 (P.14)

Tel: 0858-32-2323

Hours: 8am-5pm

**Closed Mondays** 

Röryütö is a souvenir shop found right across from Enchoen where you can find both original local and Chinese goods. There are pandas, golden pigs, fun miscellaneous items.

Hinata

delicious dessert

options and a

beautiful view

of the lake!

A restaurant for people of all

ages and a supporter of the

to promote Tottori as a food

Hinata are all grown in the

capital, the incredients used at

prefecture. We recommend the

for lunch. There are also many

home-cooked hamburger steaks

Shoku no Miyako Tottori initiative



stationary, Chinese cooking ingredients, and even Chinese dresses availableall packed into this one small shop! Soft-serve ice cream is also sold within, including a mango-vanilla twist ice cream topped with wolfberries.

Tel: 0858-32-2677 Hours: 9am - 5pm Closed 4th Tuesday each month (Dec-Mar)



### Course 7: Retro Showa Era Route

#### Enjoy the retro Showa era signs and buildings found in this former inn town.



### Four-Armed Nets

Now a landmark sight. Yurihama's four-armed nets were used in a traditional fishing method, where the corners of the nets were attached to bamboo rods and a pulley system was used to lower and raise the nets to catch prawns, eel, and fish brought in from the sea.



#### Sishamonten no Yu (koi no Yu)

The Bishamonten no Yu (Koi no Yu) is found on the shores of Lake Tôgô, marked by a monument of 2 carp (koi). Couples touch their feet to the statue to solidify their love

(koi) before praying to the Jibo Kannon and Shitori Shrine for a child. You can also make onsen tamago at this location. 13

### Tibo Kannon and Matsuzaki's Streetscape

Discover the wonders of the retro streetscape near the Matsuzaki station, which once was flourished as an inn town. You can also find a statue made from mineral deposits of the Jibo Kannon (Loving Mother). who is said to grant wishes for the well-being of one's family, business success, and children. Those wishing for children are told to pray from the right for a boy and from the left for a girl while facing the statue.







### Sman Path

You can find many and wild birds around Lake Tógő, including water or spreading their beautiful winos as they rest near the lake. Mute swan and ducks inhabit the

# milimili Shops & Restaurants ~ Shops you'll find along the way ~

#### Panini Bakery

If lunch or tea time comes during your walk, head to the Panini Bakery! Always filled with the aroma of its freshly baked bread that is made using only the best ingredients. you can enjoy the view of the lake as you eat or soak your

feet in the indoor footbath, Daikokuten no Yu. It may be tough to choose from the selection of nearly 100 different kinds of bread, cakes, and sandwiches!

Tel: 0858-24-4722 Hours: 9am - 6pm URL http://www.0857541212.jp

Walking Lafé ~ Lafé ippo

### Course (P.11) Course 7 (P.13)





Shops & Restaurants

### Course (P.11) Course 5 (P.18) Take in the view of Lake Togo from the floor-to-ceiling windows or on the Café ippo patio while you enjoy the feeling of freedom found at Japan's first "walking sikana Benet I ingredients and a variety of specialty cakes. We recommend the buckwheat designer Kana Ogawa, who also drew the cafe's colorful mural depicting



Cloverdale

Course (P.11)

Cloverdale is a laid-back café that offers an incredible view of Lake Togo from its patio, complete with string ights for a comfortable atmosphere. Peruse wonderful

photo collections at one of the long wooden tables. Various imported items and natural goods, all hand-selected by the owner, are also available for sale. Come and enjoy the view of the lake over a lunch set or cake during your walk!

amiable migratory the elegant figure of swans floating on the area, so you may even see cygnets and ducklings if the season is right!

#### Tel: 0858-35-6161 Hours: 10am - 5pm (Apr-Nov); 11am - 4om (Dec-Mar) Closed Mondays URL http://blog.livedoor.jp/cafeippo

taking a step (ippo) towards the future through the seasons.

café." The café offers delicious healthy dishes made from local seasonal

galette (similar to a crepe) and the pasta! The interior was decorated by





# milimili Legend time

Mount Ueshi ~ Home to the Celestial Maiden and the Legend of the Heavenly Robes  $\sim$ 

There lies a village called Veshi to the south of Lake Togo. It is there where a celestial maiden descended from the heavens in a mysterious legend that is still told to this day.

### The Bathing Celestial Maiden

Atop Mt. Ueshi lies a large boulder where celestial maidens would descend and hang their heavenly robes as they bathed.

One day, a young farmer from the village happened upon a maiden bathing there. Mesmerized by her beauty, he stole her heavenly robes and returned home.

Unable to return to the heavens, the celestial maiden found her way to the village. By fate, she came to the young farmer's home and the two were soon married.

### Between Heaven and Earth

Before long, the couple gave birth to two adorable girls. Although they lived happily as a family, the celestial maiden still cried and longed for home.

### Borne Away on the Breeze

When her husband was away one day, the celestial maiden learned that her robes were hidden in the attic. She immediately began to ascend to the heavens once she put them on, leaving behind her daughters who grieved and began to play their flute and drums, praying for their mother's return.

### A Short Detour: Old Tales of Yurihama

Legend of the White Messenger Snake and Ryūto Island

Long ago, there was an island in the middle of Lake Togo called Ryuto Island (near the Matsuzaki Station Togo Onsen). The fishermen noticed that a white snake would swim to and from the island. It is said that the snake was a messenger for Princess Shitateru of the Shitori Shrine.

### Legend of the Great Deity Chigiri

Legend has it that the deity Chigiri wanted to meet his love, a goddess who lived on the opposite shore of the frozen Lake Togo in Asozu. As he tried to cross, the hot springs water bubbling up from the Asozu Onsen (now Hawai Onsen) caused the ice to crack. The goddess saved him and they were soon happily wed.



### Bonus: Veshi Castle Route

After a 20 minute walk from the carking lot to the Ueshi Castle, you can enjoy this hour-long walking course featuring an incredible view of the Sea of Japan and Lake Togo.

### Course 6: Fragrant Pear Blossoms Path milimili Walking Map Distance: 5km (approx.) Elevation Gain: 33m An easy course along the

### scenic foothills of Yurihama

Estimated Time: 1hr | Calories Burned: 250kcal





Along your walk, you will come across a scene that looks like it would appear in a movie, with fresh air and pear orchards sprawling out in front of you. As you hear the birds chirping and the murmuring of the river between the rice paddies, you will surely understand why this area was selected as one of Japan's 100 best small hamlets.

[Elevation Profile]







5 Distance (km)