

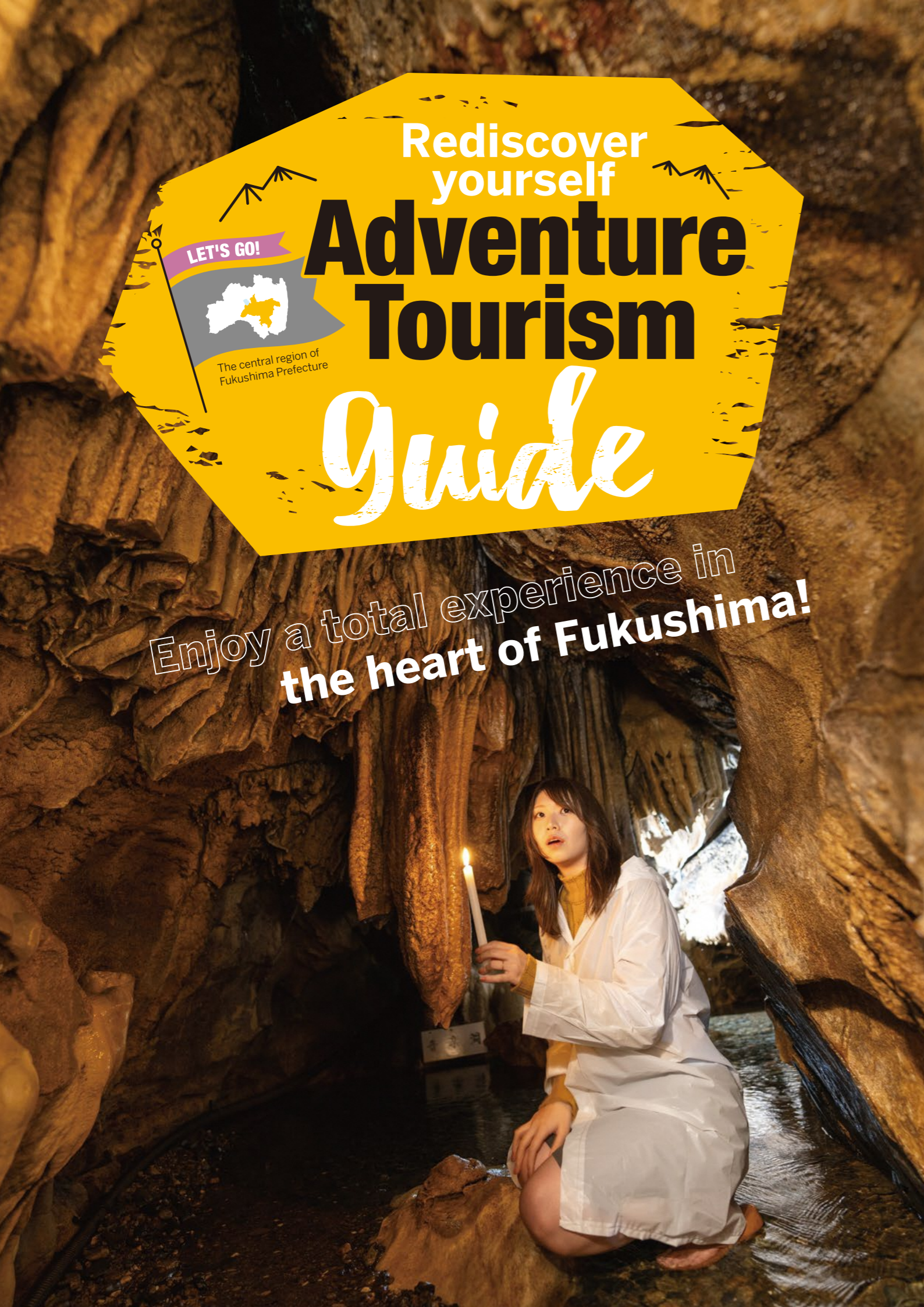
Rediscover yourself

LET'S GO!

The central region of Fukushima Prefecture

Adventure Tourism Guide

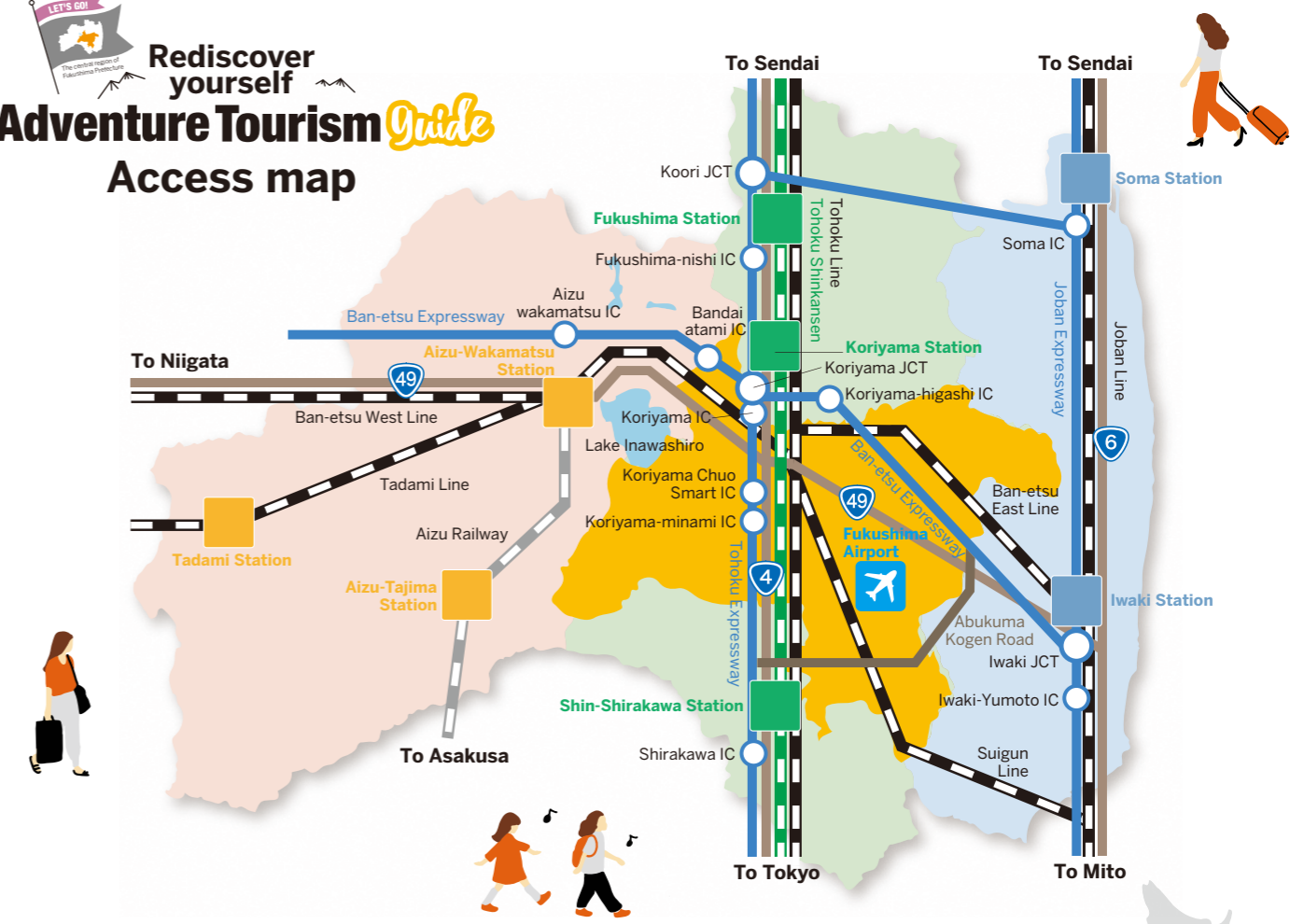
Enjoy a total experience in the heart of Fukushima!



Rediscover yourself

Adventure Tourism Guide

Access map



- From the Tokyo metropolitan area**
- Tokyo to Koriyama: Approx. 1 hour and 20 minutes via Tohoku Shinkansen
 - Tokyo (Shinjuku) to Koriyama: Approx. 4 hours via highway bus
 - Urawa IC to Koriyama: Approx. 2 hours and 20 minutes via Tohoku Expressway
- From Sendai**
- Sendai to Koriyama: Approx. 40 minutes via Tohoku Shinkansen
 - Sendai to Koriyama: Approx. 2 hours via highway bus
 - Sendai-minami IC to Koriyama: Approx. 1 hour and 20 minutes via Tohoku Expressway
- From Morioka**
- Morioka to Koriyama: Approx. 2 hours via Tohoku Shinkansen

The central region of Fukushima Prefecture is intersected by expressways running from north to south and from east to west, providing convenient access to metropolitan areas in neighboring prefectures such as Tokyo, Sendai, and Niigata. It is possible to travel from Tokyo Station to Koriyama Station in just 80 minutes using the Shinkansen bullet train. Also, Fukushima Airport is conveniently located for easy access to Sapporo and Osaka.

- From Osaka**
- Itami Airport to Fukushima Airport: Approx. 1 hour and 15 minutes
- From Sapporo**
- New Chitose Airport to Fukushima Airport: Approx. 1 hour and 35 minutes
- From Fukushima Airport**
- Fukushima Airport to Koriyama: Approx. 40 minutes via airport shuttle bus

See here for information on sightseeing in the central region of Fukushima Prefecture!



Publisher

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 Planning, Commerce and Industry Department,
 Regional Development, Commerce, Industry and Labor Administration Division
 1-1-1 Hayama, Koriyama-shi, Fukushima Prefecture 963-8540
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Rediscover yourself
Adventure Tourism Guide
 List of facilities

Nature experiences

genre **01**

- 1 Walking → P05
Asakawa | Shiroyama Park Walking Trails
- 2 Forestry → P04
Ishikawa | Hitokurasu
- 3 Ranching → P05
Kagamiishi | Iwase Farm
- 4 Stargazing → P06
Tamura | Hoshinomura Observatory
- 5 Living creatures (insects) → P06
Sukagawa | Fukushima Mori no Kagaku Taiken Center (Mushitec World)
- 6 Camping → P06
Tamakawa | Mori no Eki yodge
- 7 Camping → P05
Tenei | Hatori Lakeside Auto Camping Park

Activity experiences

genre **02**

- 8 Cycling, mountain biking → P03
Tamakawa | Cycle Village Tamakawa
- 9 Cycling, mountain biking → P07
Ono | Midori Tono Fureai No Mori Park
- 10 Trekking → P08
Hirata | Jupia Land Hirata + Mt. Yomogida
- 11 Cycling → P07
Koriyama | Office Yohaku
- 12 Canoeing → P07
Tenei | Angel Forest Shirakawa Kogen
- 13 Ice skating → P08
Koriyama | Bandai Atami Ice Arena
- 14 Exploration → P08
Tamura | Irimizu Limestone Cave

Cultural experiences

genre **03**

- 15 Paper mache painting → P10
Koriyama | Dekoyashiki Honke Daikokuya
- 16 Banner painting → P12
Sukagawa | Yoshinoya
- 17 Special effects → P11
Sukagawa | Sukagawa Tokusatsu Archive Center
- 18 Tatami culture → P12
Sukagawa | Tatami Village
- 19 History → P12
Miharu | Mihara Museum of History and Folklore
- 20 Green tourism → P11
Furudono | Furusato Kobo Ozawa Farm
- 21 Green tourism → P11
Hirata | Nouka Minshuku Ofukuro

Culinary experiences

genre **04**

- 22 Sake brewery → P13
Koriyama | Niida Honke
- 23 Sake brewery → P14
Furudono | Kuranoba (Toyokuni Brewery)
- 24 Brewery → P14
Tamura | Hop Garden Brewery
- 25 Winery → P13
Koriyama | Hatori Lakeside Auto Camping Park
- 26 Hometown cuisine experience → P14
Ishikawa | Noen Café Yaiko Baachan
- 27 Hometown cuisine experience → P13
Sukagawa | Abe Nouen
- 28 Fruits → P09
Miharu | Kaoru Blueberry Orchards

Area map of the central region of the prefecture

The central region of Fukushima Prefecture consists of three cities, six towns, and three villages. This region is surrounded by abundant nature such as low mountains and lakes, and in addition to outdoor activities such as camping, cycling, and trekking, visitors can enjoy a variety of cultural experiences such as paper mache painting and overnight stays on farms, as well as culinary experiences at sake breweries, fruit farms, etc.





2




See here for more details

Hitokurasu
 ① 396-1 Hachimata, Nakada, Ishikawa-machi, Ishikawa-gun, Fukushima Prefecture
 ② 0247-57-7073 ③ 8:30-16:30 ④ Wednesdays
 ⑤ Forestry, agriculture, DIY *By appointment only
 ⑥ Wood-chopping experience 3,000 yen, sawing machine experience 3,000 yen, rice harvesting experience 3,000 yen, DIY (desk, chair) 5,000 yen

8




See here for more details

Cycle Village Tamakawa
 ① 205-3 Donouchi, Minamisugama, Tamagawa-mura, Ishikawa-gun, Fukushima Prefecture
 ② cyclevillagetamakawa@gmail.com
 ③ 9:00-21:00 (varies depending on facility)
 ④ Irregular holidays
 ⑤ Trail rides, bump tracks, skateboards, BMX, inline *Reservations for trail rides and bump tracks must be made at least 3 business days in advance through the website or by e-mail.
 ⑥ Trail rides (bicycle rentals starting from 1,000 yen, guided tours from 2,500 yen), bump track (bicycle rentals starting from 1,000 yen, usage fee 500 yen), skateboarding, BMX, inline (bicycle rentals starting from 500 yen, usage fee 500 yen)

8 Enjoy a fun course filled with excellent facilities for bicycles

Cycle Village Tamagawa is a facility where visitors can enjoy a variety of experiences on mountain bikes and road bikes. The "trail ride" is a guided tour that allows visitors to enjoy the thrill and wildness of the mountain trails on a mountain bike, making it safe for beginners. The "pump track" is another exciting feature of Skillpark Tamagawa, with its continuous vertical and horizontal bumps. At Urban Sports Tamagawa, a full-scale indoor park, visitors can practice skateboarding, BMX, and inline skating. Bike rentals are also available to allow you to enjoy a course of your choice.



Forestry/DIY x Cycling

Experience the warmth of wood and the beauty of handmade crafts through wood-chopping and DIY experiences, and enjoy riding bicycles along popular indoor courses and mountain trails!

This is a course where visitors can enjoy new discoveries by visiting new spots. Enjoy a moment of spiritual enrichment through wood-chopping and farming activities at Hitokurasu, which was renovated from an abandoned elementary school in Ishikawa and transformed into a place where people can come together. At Cycle Village Tamakawa, you can enjoy the many facilities offered and explore the mountain trails on your bicycle.

<p>genre</p> <p>01</p> <p>Nature experiences</p> <p>Ishikawa Forestry Hitokurasu</p> <p>Level ★☆☆☆</p> <p>OK!</p>	<p>genre</p> <p>02</p> <p>Activity experiences</p> <p>Tamakawa Cycling, mountain biking Cycle Village Tamakawa</p> <p>Level ★☆☆☆~</p> <p>Level ★★☆☆</p> <p>OK!</p>
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2 Enjoy a memorable experience as if going back to school

At Hitokurasu, visitors can experience and learn various things under the themes of "fire" and "living". As an interactive lodging facility with rental offices and meeting rooms, it helps foster connections among people of all generations. Staff members oversee the wood-chopping and lumber-machine experiences, so children can enjoy them with peace of mind. DIY activities including making wooden desks and chairs, which will surely be a fun and memorable experience. Seasonal farming experiences such as rice planting and harvesting are also available, so please be sure to make reservations in advance. Come and enjoy yourself with your family and friends in this nostalgic space amidst nature and the unique atmosphere of an abandoned school.



Experience the excitement of harvesting glistening golden ears of rice. Taste the joy of harvest through rice reaping.

Create authentic wooden chairs through the DIY experience. The rustic and gentle wooden design is also cute!



The trail offers a variety of routes within the 6-km-long course, which can also be looped around.



"Urban Sports Tamakawa" offers mini-runs, bank-to-banks, quarters, etc.



"Skill Park Tamagawa" features an approximately 100-meter-long course.



5 Fukushima Mori no Kagaku Taiken Center (Mushitec World)

Sukagawa
living creatures
(insects)



Enter the world of insects, for children and adults alike!

This interactive science museum allows visitors to enjoy not only insects, but also various experiments, craft-making, and hands-on nature workshops. In the "Nazadaro Land" permanent exhibition hall, visitors can enjoy learning about insect ecology and its application to science around them. Japanese rhinoceros beetles, stag beetles, and other living creatures from around the world are also on display to give visitors a sense of the diversity of life. The science shows, in which visitors can actually participate, are also very popular.



Level ★☆☆☆ OK! See here for more details



- 1 100 Nijinodai, Sukagawa-shi, Fukushima Prefecture
- 2 0248-89-1120
- 3 9:00-16:30 (last admission 16:00)
- 4 Mondays, year-end and New Year holidays, public holidays (closed on the day following a public holiday) *Open on Saturdays and Sundays
- 5 Science experiment workshops, craft workshops, nature experience workshops, science shows, facility tours, etc.
- 6 Adults 410 yen, high school and university students 200 yen, elementary and junior high school students 100 yen, preschoolers free admission

4 Hoshinomura Observatory

Tamura
Stargazing



Experience the breathtaking starlit sky at the Abakuma plateau, 650 meters above sea level!

The observatory features one of the largest reflecting telescopes in the prefecture. The sun can be observed during the day and stars can be observed at night. Check the website for information on when the observatory is open to the public at night. In the planetarium, visitors can enjoy guided tours of the starry sky during each of the four seasons. Visitors can also experience excavating fossils and minerals in the facility. By chipping away at the stones, you can obtain real fossils and minerals such as ammonites and emeralds.



Level ★☆☆☆ OK! See here for more details



- 1 60-1 Nukatsuka, Kanmata, Takine-machi, Tamura-shi, Fukushima Prefecture
- 2 0247-78-3638
- 3 9:00-17:00 (9:00-16:00 from November to March)
- 4 Tuesdays, year-end and New Year holidays (closed on Tuesdays and Wednesdays from December to March)
- 5 Fossil and mineral excavation experience
- 6 Planetarium 500 yen, excavation experience 600 yen

3 Iwase Farm

Kagamiishi
Ranching



Enjoy a relaxing time with delicious ranch cuisine and interactions with animals

This is the first Western-style ranch in Japan, as mentioned in the popular Japanese folk song, "Makiba no Asa" (Morning at the Farm). We recommend trying the "Sojinkan Yogurt," named after the songwriter, and the premium milk soft-serve ice cream made with fresh milk from the rare Brown Swiss cattle. This is a relaxing spot that can be enjoyed by the whole family, with activities such as "Usanpo," where you can take a walk with rabbits, animal petting, unique bicycles, harvesting experiences, flower gardens, and much more.



Level ★☆☆☆ OK! See here for more details



- 1 225 Sakuramachi, Kagamiishi-machi, Iwase-gun, Fukushima Prefecture
- 2 0248-62-6789
- 3 9:00-16:00 *Winter business hours will be announced online and on our Instagram page.
- 4 None *May be temporarily closed for maintenance.
- 5 Animal feeding (200 yen per monaka treat), "Usanpo" rabbit walk (500 yen for 15 min., unusual bicycles for one person (200 yen) and for families (700 yen), harvesting experience (varies depending on season)

6 Mori no Eki yodge

Tamagawa
Camping



An interactive tourist exchange facility renovated from a former Yotsuji branch school

This is an accommodation facility renovated from a former Yotsuji branch school (elementary school) founded in 1908 in Tamagawa. The nostalgic interior of the lodging facility features high ceilings with exposed beams, a total of five guest rooms designed in the style of the classrooms of that era, and a cafe that makes use of the sound chamber in its original state. Lunch is also available at the cafe, where you can enjoy dishes such as omu-rice (rice omelet) made with eggs sourced from Tamagawa and bisque curry served with grilled fresh seasonal vegetables also produced in Tamagawa. For dessert, we also recommend the creamy gelato, which is also available for take-out.

Enjoy nature experiences as well as tent saunas against the backdrop of the great wilderness

There are many different ways to spend time at "yodge". If you are glamping or staying overnight, how about enjoying a tent sauna? Get away from your everyday life, adjust your mind and body, and bask in the fresh air to smell the scent of the surrounding forest for a truly unique experience. There are plenty of experiences for the whole family to enjoy, such as BBQ and pizza making. We also recommend a bonfire after sunset. The flickering flames and the sound of the crackling firewood make for an extraordinary experience. Reservations are required for the experience, so please inquire at least three days in advance.



Level ★☆☆☆ OK! See here for more details



- 1 131 Aza-Muranaka, Yotsuji-Shinden, Tamagawa-mura, Ishikawa-gun, Fukushima Prefecture
- 2 0247-57-7440
- 3 11:00-21:00
- 4 No holidays
- 5 Bonfire, tent sauna, glamping, pizza making experience, etc.
- 6 Bonfire 2,000 yen (per person), tent sauna 5,000 yen (per person), pizza making 2,000 yen (per person)

7 Hatori Lakeside Auto Camping Park

Tenei
Camping



Enjoy the great natural beauty of the Hatori Lakeside area by camping and biking!

Surrounded by the rich nature of the Hatoriko Highland, this campsite allows you to casually enjoy the outdoors. Rental tables, chairs, and BBQ grills are available, making it easy for beginners to enjoy day-camping and BBQs. Reservations are required for day camping, so be sure to book early. Rental bicycles are also recommended for enjoying an exhilarating ride on the bike path along the Hatori Lakeside.



Level ★☆☆☆ OK! See here for more details



- 1 2-4, Aza Shibakusa, Oaza Hatori, Tenei-mura, Iwase-gun, Fukushima Prefecture
- 2 0248-85-2033
- 3 8:30-17:00
- 4 No holidays (closed between December and March)
- 5 Cycling, day camping
- 6 Cycling 700 yen, day camp site fee 2,200 yen
- 7 https://hatoriko-camp.com

1 Shiroyama Park Walking Trails

Asakawa
Walking



A park where you can enjoy walks in nature during each of the four seasons

What was once the castle occupied by Asakawa Jirozaemon, a member of the Ishikawa Akimitsu clan, has now been transformed into a park. There are seven walking trails, totaling 2.5 km in length with a variety of paths suitable for families. Visitors can enjoy the beauty of about 80 species of trees that change from season to season, including mayumi (Japanese spindle tree), yamazakura (mountain cherry tree), yama-tsutsuji (mountain rhododendron), and plum trees. The summit also offers a panoramic view of Asakawa, making it a must-see destination for its beautiful rural scenery and sea of clouds.



Level ★☆☆☆ OK! See here for more details



- 1 Shiroyama, Oaza-Asakawa, Asakawa-machi, Ishikawa-gun, Fukushima Prefecture
- 2 0247-36-2815
- 3 Asakawa Town Planning and Commerce Division
- 4 Stroll along the Shiroyama walking trails
- 5 Free admission
- 6 http://www.town.asakawa.fukushima.jp/

LET'S GO!

Adventure Tourism

genre 01

Nature experiences

Enjoy nature experiences unique to the region!

Be sure to experience forestry activities, dairy farming, camping, and other fun outings that will bring you closer to nature!

13 Bandai Atami Ice Arena

Koriyama
Ice skating



Indoor skating rink where adults and children can enjoy themselves with a smile

This is the only indoor skating rink in Fukushima Prefecture, where you can enjoy figure skating, ice hockey, curling, etc. during the winter season, and even beginners can rent skates to easily experience ice skating. The facility is popular with families as they can play without worrying about the weather. Be sure to bring gloves with you to prevent injury. Helmets can be rented free of charge to ensure that you enjoy skating safely.



Level ★☆☆☆ OK! See here for more details

- 1-1 Tamagawa Sorita, Atami-machi, Koriyama-shi, Fukushima Prefecture
- 024-984-5377
- 9:00-21:00 *Please check the website or call to confirm the times when it is open to the public. Winter (skating rink) September to May 31 of the following year, summer (skateboarding, etc.) mid-June to early August
- Some areas may not be open due to private reservations, etc.
- Ice skating
- Skating fees: University students and older 400 yen, high school students 300 yen, junior high school students and younger 200 yen *Rental skates 300 yen



10 Jupia Land Hirata + Mt. Yomogida

Hirata
Trekking



Admire the beautiful flowers and nature, and make your trekking debut on Mt. Yomogida!

The vast site of Jupia Land Hirata is home to shibazakura (moss phlox) in the spring and hydrangeas in the early summer. Visitors can enjoy the majestic scenery and appreciate the natural beauty at the foot of Mt. Yomogida. The view from the summit of the 952-meter-high Mt. Yomogida, which overlooks the village of Hirata, provides a spectacular view that only a single peak can offer. The mountain has well-maintained trails, making it an easy hike for beginners to enjoy.



Level ★☆☆☆ OK! See here for more details

- 1 437 Yomogidake, Yomogita Shinden, Hirata-mura, Ishikawa-gun, Fukushima Prefecture
- 0247-55-3535
- Open all year round
- No holidays
- Nature observation, trekking, etc.
- Free admission (paid admission during events) <https://www.vill.hirata.fukushima.jp/site/jupialand/>



9 Midori Tono Fureai No Mori Park

Ono
Cycling, mountain biking



A forest wonderland full of fun and excitement

Located at the foot of the Hikage Mountains in the Abukuma Highlands, the park has an auto-camping site that takes advantage of the surrounding forests and natural terrain, allowing visitors to experience the beautiful town of Ono. The park also offers a variety of other unique experiences, such as mountain biking on a private off-road course, nature walks led by forest guides, and more.



Level ★☆☆☆ OK! See here for more details

- 1 397-2 Otokami Miyanomae, Ono-machi, Tamura-gun, Fukushima Prefecture
- 0247-72-3597
- Please inquire by phone
- No holidays (closed between December and March)
- Camping, woodworking, nature walks, soba/udon noodle making, pizza making, mountain biking
- Auto campsite 4,800 yen, nature walk 500 yen, usage fee for mountain bike course 500 yen, etc.



14 Irimizu Limestone Cave

Tamura
Exploration



A truly thrilling experience of caving in a national natural monument!

These underground limestone caves were formed by rainwater and groundwater over a long period of time. At Irimizu Cave, which is designated as a National Natural Monument, visitors can casually enjoy caving all year round. The 900-meter-long cave has three courses, A, B, and C. Course A (approx. 30 minutes) is a standard tourist cave and can be enjoyed with children. Have fun with your family! From Course B (approx. 1 hour) onward, the route becomes difficult even to stand and walk through, providing a challenging yet thrilling experience.

An impressive and dreamlike underground world that cannot be seen on the surface of the earth!

From Course B, most of the lighting is gone, so you must rely on head-lights and candlelight to proceed through the cave. There are sections where you have to go through extremely narrow gaps or crawl on all fours to pass through, and at the deepest point, the water level is as high as above the knees of an average adult male. Shorts and sandals are essential items. As a fantastical world unfolds inside the cave, it will surely boost your spirit of exploration to see and touch the beauty of nature's formations up close, such as the pumpkin stone and the five-story pagoda, which will surely bring a smile to your face.



Level ★☆☆☆ OK! See here for more details

- 1 89-3 Sugaya Aza Dairoku, Takine-machi, Tamura-shi, Fukushima Prefecture
- 0247-78-3393
- 8:30-16:30 No holidays
- Limestone cave experience (Courses A, B, and C) *Course C requires a guide, so reservations are required.
- Course A (high school students and older): Adults 600 yen, children 500 yen Course B (high school students and older): Adults 1,000 yen, children 800 yen



12 Angel Forest Shirakawa Kogen

Tenei
Canoeing



A cottage resort where you can stay with your dog!

This resort complex offers a wide variety of facilities such as cottages on its expansive grounds that make the most of the great outdoors where you and your dog can enjoy a variety of activities together. You can also enjoy a canoe ride on the water. Of course, you can experience it together with your dog. Advance reservations are required. Visitors can also enjoy fishing at one of the largest fishing grounds in the country, filled with approximately 20,000 fish. There is even the chance that you will catch the huge, legendary Japanese huchen.



Level ★☆☆☆ OK! See here for more details

- 1 39 Hatori Takatoya, Tenei-mura, Iwase-gun, Fukushima Prefecture
- 0248-85-2525
- 9:00-18:00
- No holidays
- Canadian canoeing, fishing, glamping, sauna, bicycle rental, etc.
- Canoeing (30 minutes per boat) 2,000 yen, fishing (2-hour ticket) 2,500 yen



11 Office Yohaku

Koriyama
Cycling



Cycling around Lake Inawashiro will have you feeling great!

Office Yohaku is a base camp located in Konanmachi, Koriyama City where you can get your work done and have fun at the same time. It was renovated from an old building and is now being used as a shared office. Tours are also available. The bicycle rental experience allows visitors to enjoy cycling around Lake Inawashiro, mainly through Konanmachi. It is highly recommended for couples and friends who are interested in biking. Enjoy the beautiful natural surroundings by riding to your heart's content.



Level ★☆☆☆ OK! See here for more details

- 1 50-3 Nakamachi, Fukura, Konan-machi, Koriyama-shi, Fukushima Prefecture
- 090-5847-4279
- 9:00-17:00 No holidays
- Bicycle rental (reservations required) *Reservations can be made online until the day before. If you wish to rent a bicycle on the day of your visit, please make a reservation by phone. Cancellations are accepted up to one day in advance.
- Half-day rental (9:00-13:30 or 14:00-17:00) 1,500 yen, Full-day rental (9:00-17:00) 2,000 yen



LET'S GO!

Adventure Tourism

genre

02

Activity experiences

These activities allow visitors to enjoy rare experiences in the region. We recommend relaxing activities such as cycling, canoeing, and ice skating.



15

See here for more details

Dekoyashiki Honke Daikokuya

- 163 Tateno, Takashiba, Nishita-machi, Koriyama-shi, Fukushima Prefecture
- 9:00-17:00
- Wednesdays
- Paper mache painting experience
- Mame-daruma 880 yen, Junishi 1,320 yen, Mask 1,540 yen, Miharu-koma 1,760 yen
- <https://dekokoyashiki-daikokuya.co.jp>

28

See here for more details

Kaoru Blueberry Orchards

- 173 Nakanouchi Nishikata, Miharu-machi, Tamura-gun, Fukushima Prefecture
- 0247-62-4956
- 8:00-17:00 (late June to early August)
- No holidays during the period the orchard is open
- *May be closed depending on weather conditions
- Blueberry picking (held only in July; reservations required at least 3 days in advance)
- Adults 700 yen, elementary school students 500 yen
- *Picking packs included

Paper mache painting x Blueberry picking

Enjoy painting at a traditional Japanese folk house at Takashiba Deko-Yashiki, the birthplace of paper mache in Japan, and picking delicious blueberries at a blueberry farm in Miharu!

Deko refers to dolls. There are four workshops in Takashiba Deko-Yashiki, where local toys handed down from the Edo period, such as Miharu dolls, Miharu paper mache figures, and daruma dolls, are crafted by hand. Enjoy a unique experience of painting cute paper mache dolls and picking blueberries at a blueberry farm in Miharu. Take a mini getaway to enjoy the summer with traditional culture and fruit farms.

genre

03

Cultural experiences

Koriyama Paper mache painting
Dekoyashiki Honke Daikokuya

Level ★☆☆☆

OK!

genre

04

Culinary experiences

Miharu Fruits
Kaoru Blueberry Orchards

Level ★☆☆☆

OK!

15 Paint and make your own paper mache!

Honke Daikokuya is a store that produces and sells traditional handmade toys while preserving 300 years of tradition. Shoichi Hashimoto, the 21st generation owner, is always challenging himself to create something new, and his collaborations with famous artists and other innovative works have attracted a great deal of attention. There are four courses, including the traditional Mikaru-koma, Junishi, and Mame-daruma, and even beginners can enjoy them. The secret is to apply the coating evenly and not too thickly. Visitors can apply at any time, so be sure to make a memory of your visit to Dekoyashiki.



Mixing the paints to your favorite color on a palette is also fun. A cute Mame-daruma doll can be completed in about 20 minutes!



In addition to Miharu-koma, masks, and zodiac signs, the Mame-daruma dolls (8 colors) are also popular, with different colors offering different benefits.



28 Enjoy picking blueberries that bring smiles to the summer orchard

The orchard is located on a quiet hill surrounded by lush greenery near the Miharu Dam. A large variety of blueberries are grown here, from early- to late-season varieties. The "blueberry picking experience," which can be easily enjoyed by both children and adults, starts by grabbing an empty pack (for 100 g) used to keep the picked blueberries. Taste each bluberry one by one and pick your favorite flavor. The blueberries you pick in your pack can be taken home as a souvenir. There is also a resting area in the orchard, so visitors can enjoy themselves while taking a leisurely stroll. Be sure to bring long-sleeved clothing, a hat, towel, sneakers, and a drink with you when you visit.



24 kinds of blueberries are grown in the orchard, including sweet, large, and sour varieties.



Additive-free, color-free, and preservative-free jams and fruit juice drinks with an irresistible pulpy texture, as well as miscellaneous goods, are also on sale.



16 Yoshinoya

Sukagawa
Banner painting



Draw images of Shoki-sama and Ultraman on traditional Sukagawa Enobori picture banners!

Sukagawa Enobori originated in the late Edo period, and has a history dating back about 250 years. The powerful, hand-drawn lines of the paintings are distinctive, and the heroic figure of Shoki-sama (a so-called "demon-queller"), who is depicted as a guardian against evil, is really impressive. Yoshinoya is currently the only Enobori workshop in Sukagawa. Shuji Ohno, the sixth generation owner, has inherited the traditional techniques, allowing visitors to enjoy a hands-on painting experience. Enjoy painting Shoki-sama and Ultraman on small flags and bags.



Level ★☆☆☆ OKI See here for more details

- 58 Namikicho, Sukagawa-shi, Fukushima Prefecture
- 0248-75-4456
- 9:00-17:00
- No holidays (may be closed for special reasons)
- Painting on small flags and tote bags *Reservations required by the day before
- Small flags and tote bags (3 types each of Shoki-sama and Ultraman) 1,500 yen each
<https://enobori.com>



19 Mihara Museum of History and Folklore

Miharu
History



Experience a 360-degree VR movie of Miharu Castle as it was back then!

The Mihara Museum of History and Folklore allows visitors to learn about the history of the town of Miharu. Inside the museum, visitors can experience a virtual tour of Miharu Castle through a 360-degree VR video. When you put on the special goggles, you will feel as if you are actually walking inside Miharu Castle. After experiencing the VR video in the museum, head over to the ruins of Miharu Castle! In spring, you can enjoy the historic cherry blossoms of the family estate. The photo below shows the ruins of Miharu Castle.



Level ★☆☆☆ OKI See here for more details

- 5 Sakuradani, Miharu-machi, Tamura-gun, Fukushima Prefecture
- 0247-62-5263
- 9:00-16:30 (admission is until 16:00)
- Mondays, the day after public holidays, year-end and New Year holidays
- Facility tours
- 300 yen, 150 yen for elementary, junior high and high school students (VR experience can be enjoyed free of charge)
<https://miharujo.jp/>



17 Sukagawa Tokusatsu Archive Center

Sukagawa
Special effects



Showcasing the surprising appeal of special effects through valuable documentation!

The Sukagawa Tokusatsu Archive Center is located in Sukagawa, the birthplace of director Eiji Tsuburaya, known as the "God of Special Effects". A wide range of special effects materials are collected and stored here, and restoration and research work is also carried out. Over 1,000 items, including masks from the Ultraman series, are housed in the storage rooms inside the center, making it a must-see for special effects fans. In addition to miniature sets and a library, video screenings are also held.



Level ★☆☆☆ OKI See here for more details

- 22 Nakachimae, Hashirata-aza, Sukagawa-shi, Fukushima Prefecture
- 0248-94-5200
- 9:00-17:00
- Tuesdays (if Tuesday is a public holiday, the facility will be open and closed on the following weekday), year-end and New Year holidays
- Workshops (see official website for details)
- Free admission
<https://s-tokusatsu.jp/>



18 Tatami Village

Sukagawa
Tatami culture



Enjoy a relaxing time at the tatami cafe.

Opened in April 2023! An interactive facility that will allow you to feel more familiar with tatami

Kuboki Tatami, which was founded in the Edo period, has renovated its head office and factory and opened an "interactive tatami experience facility". The facility was designed to provide a space where people who do not own tatami can touch and feel authentic tatami mats. Visitors can observe the actual production site, enjoy an exhibition of the history of tatami, experience the craftsmanship of tatami making, and experience the vision of "Kuboki Tatami" as it takes on the challenge of "passing tatami on to future generations" and "spreading tatami around the world". It aims to establish a center for the distribution of "Made in Japan" tatami mats. Inside the store, visitors can enjoy workshops and relaxing in the cafe.



Tatami coasters are also sold here.



Level ★☆☆☆ OKI See here for more details

- 55 Nakanomachi, Sukagawa-shi, Fukushima Prefecture
- info@kuboki-tatami.com
- 11:00-17:00
- Wednesdays, year-end and New Year holidays
- Factory tours, mini tatami making, tatami cafe
- Free admission and tours, workshops starting from 1,000 yen, cafe from 550 yen



20 Furusato Kobo Ozawa Farm

Furudono
Green tourism



Prepare, eat, and enjoy the local cuisine passed down through the generations in Furudono!

Ozawa Farm offers visitors a chance to experience the charms of the local cuisine of Furudono by researching and preparing dishes for each of the four seasons. The "local cuisine making" experience in a nostalgic and welcoming old folk house is recommended to be enjoyed with family and friends. You can enjoy making local dishes together using seasonal ingredients as taught by Ms. Ozawa, and savor the freshly prepared dishes afterwards. The rich flavors and seasonal umami of these dishes will leave you feeling relaxed and satisfied.



Level ★☆☆☆ OKI

- 135 Ishihatake, Taguchi Furudono-machi, Ishikawa-gun, Fukushima Prefecture
- 0247-57-5147
- 9:00-17:00
- Irregular holidays
- Local cuisine making experience (about 3 hours, ages 10 and up, please bring an apron and a triangular kerchief) *By appointment only
- Local cuisine making experience 2,500 yen

21 Nouka Minshuku Ofukuro

Hirata
Green tourism



The pizza making process

Enjoy happy times making pizza and working on a farm by staying at this farmhouse surrounded by nature

This farm guesthouse offers an authentic rural living experience in an at-home atmosphere based on the concept of "nature-rich countryside living". Visitors can also enjoy local cuisine prepared using the natural bounty and fresh ingredients of Hirata. Pizza making and seasonal farm work experiences are also available, so please consult with us when you make your reservation. Whether you are traveling alone or with your friends or family with children, you are sure to make lasting memories.



Level ★☆☆☆ OKI

- 180 Saramegi Kitakata, Hirata-mura, Ishikawa-gun, Fukushima Prefecture
- 0247-54-2501
- Open all year round
- Irregular holidays
- Pizza making, farm work *Reservations required at least one week in advance
- Pricing is negotiable

24 Hop Garden Brewery

Tamura
Brewery



Tasting experience in a brewery where you can feel the breeze of greenery and hops

Visitors can experience everything from harvesting hops to tasting the actual high-quality beer offered at the brewery. With beer made with plenty of locally produced hops, visitors can fully experience the cycle of connecting primary industry to sixth order industrialization. The factory-operated taproom offers three types of beer exclusively on Saturdays, Sundays, and holidays. Tasting the different types of beer while admiring the brewing tanks through the window is truly a blissful experience.



Level ★☆☆☆ OK! See here for more details

- 185-6. Kitamuki-185-6 Miyakojimachi Iwasawa, Tamura-shi, Fukushima Prefecture
 - 0247-61-5330
 - 9:00-17:00
 - Thursdays (open on public holidays), year-end and New Year holidays
 - Craft beer tasting, bicycling, disc golf, inline skating
 - Tasting set (3 kinds of beer) 1,200 yen
- <https://hopjapan.com/>



26 Noen Café Yaiko Baachan

Ishikawa
Hometown
cuisine
experience



Try your hand at pizza baking and vegetable harvesting at an old traditional folk house cafe and farm

This traditional Japanese-style folk house cafe is known for its healthy dishes prepared with love using vegetables grown by Yaiko, the owner who is also a certified nutritionist. In addition to the delicious food, the restaurant also offers a wide variety of seasonal hands-on experiences such as baking pizza, harvesting vegetables, and making miso. This is the perfect place to enjoy a meal or experience with friends and family, so make sure to reserve in advance.



Level ★☆☆☆ OK! See here for more details

- 141 Hanukia, Minamiyamagata, Ishikawa-machi, Ishikawa-gun, Fukushima Prefecture
 - 0247-26-4773
 - 11:00-16:00 *Reservations required for the hands-on experiences
 - Wednesdays
 - Pizza baking, vegetable harvesting, miso making
 - *Advance reservations required
 - Pizza baking 2,500 yen, vegetable harvesting 1,100 yen, miso making 2,500 yen
- <https://farm-yaiko.jimdo.com>



27 Abe Nouen

Sukagawa
Hometown
cuisine
experience



Enjoy harvesting vegetables and a veggie BBQ at a farm where people can connect with each other

More than 20 different varieties of fruits and vegetables, mainly peaches, but also pears, tomatoes, and cucumbers, are grown here at Abe Nouen. What is cherished here are the bonds and connections between people that are created through the agricultural experience. The "veggie BBQ lunch" allows visitors to harvest vegetables from the fields, enjoy a veggie BBQ at the "SHINSEKI House," and enjoy additive-free, health-friendly stew prepared by Ms. Masako.



Level ★☆☆☆ OK! See here for more details

- 49-2 Wada Kutsugake, Sukagawa-shi, Fukushima Prefecture
- 0248-75-2382 9:30-16:00
- Irregular holidays, year-end and New Year holidays
- Veggie BBQ lunch, picnic in the field, all-you-can-eat peaches in summer *Reservations required
- Veggie BBQ lunch (junior high school students and older) 3,300 yen, (elementary school students) 1,000 yen, (toddlers) 500 yen, (children under 3 years old) free; Picnic in the field (junior high school students and older) 2,200 yen, (elementary school students) 1,000 yen, (toddlers) 500 yen



23 Kuranoba (Toyokuni Brewery)

Furudono
Sake
brewery



A scene from the sweet making process

The possibilities of a sake brewery created by the long-established Toyokuni Brewery

Toyokuni Brewery is a long-established sake brewery located in the town of Furudono. The brewery is known for its "Ibuki" sake, which has many fans both within and outside of the prefecture. In October 2022, "Kuranoba," an exchange facility equipped with a kitchen, was opened in a converted sake cellar built in the Taisho Era. Mr. Yauchi, the ninth-generation brewer, enthusiastically states, "I want to open up the brewery to people as much as possible. For adults, it's a sake brewery, but for children, I want them to feel like it's a place to make sweets or a fun place to learn English." The workshops are held from time to time.

Enjoy various workshops at the sake brewery!

"In order to increase the brand value of a region, it is vital to collaborate with like-minded people. However, if someone doesn't make the first move, nothing will happen. That's why I decided to try it myself," says Mr. Yauchi. Opening the warehouse to the public creates a place for exchange among people. A wide range of workshops are offered for both children and adults, where visitors can learn English, enjoy eating various dishes and interact with local residents. The photo captures a scene from the sweet making process.



Level ★☆☆☆ OK! See here for more details

- 114 Takanuki, Furudono-machi, Ishikawa-gun, Fukushima Prefecture (on the premises of Toyokuni Brewery)
 - 0247-53-2001
 - Only during events
 - *Check the Instagram page for more information
 - Cookie making experience, world of picture books in English and Japanese, etc.
 - Varies depending on the event
- https://www.instagram.com/_kuranoba/



22 Niida Honke

Koriyama
Sake
brewery



Keep an eye out for the variety of events held by this long-established sake brewery that devotes itself to using natural rice!

Founded in 1711, this long-established sake brewery is dedicated to protecting the rice paddies of Japan by producing sake from 100% natural rice without the use of any pesticides or chemical fertilizers. The brewery holds a variety of popular events that can be enjoyed by people of all ages, such as a "Rice Paddy School" (rice planting, rice harvesting, etc.), as well as "Niida Day," where visitors can casually drop by the brewery, and "Niida's Appreciation Festival," which is held every April. Please visit their Instagram page for more information on their events.



Level ★☆☆☆ OK! See here for more details

- 139 Takayashiki, Kanezawa, Tamura-machi, Koriyama-shi, Fukushima Prefecture
- 024-955-2222
- 10:00-17:00
- Saturdays, Sundays, and public holidays
- Niida Day, Niida Appreciation Festival, Rice Paddy School (reservations required), brewery tours (reservations required)
- Varies depending on the event



25 Fukushima Ouse Winery

Koriyama
Winery



Take a tour of the award-winning winery!

This winery produces a variety of wine made from fruits grown in Fukushima Prefecture. One of its most popular wines, "Vin de Ollage," is brewed with grapes produced in Koriyama. Tour reservations can be made in advance by phone or through the website. Visitors can take a guided tour of the winery's establishment to learn about its history and the wine-making process. The adjoining shop also offers tastings of the different wines on sale, allowing visitors to learn about them while tasting them.



Level ★☆☆☆ OK! See here for more details

- 2 Goshigoshi, Osemachi Tadano, Koriyama-shi, Fukushima Prefecture
 - 024-953-3131
 - 10:00-16:00 (11:00-16:00 on weekdays)
 - Mondays (if the day falls on a public holiday it will be open, but the following day will be a substitute holiday)
 - Winery tours and tastings (as a general rule, winery tours are available for groups of 4 or more)
 - Tours: 500 yen per person (tax included)
- *Each tour takes about 40-50 minutes.



Culinary experiences

Food is an essential part of travel.
Experience the process of how local specialty products are produced!

genre

04

