

**A journey to see and experience GIAHS
in Yakult Health Foods green juice factory**



The Yakult Health Foods Co., Ltd. green juice factory is located in the city of Bungotakada in Oita prefecture where it supports the GIAHS initiative. Previous GIAHS familiarization tours have included visits to the factory every year. Green barley and kale are cultivated without any pesticides or chemical fertilizers, and are harvested, cleaned and turned into green juice within the same day. The juice is created through nature's blessings, farmer's tenderness, and Yakult's technology. At Oita Matama factory you will be able to see this process of how fresh green barley and kale is turned into green juice.

**Yakult Health Foods Factory Visit
Reservations and inquiries**



〈TEL〉 0978-58-0115

- Reception hours: 10:00 ~ 16:00 (Mon to Fri)
(no service on Sat/Sun/holidays/year-end/new year)
- Reservation period:
reservations are accepted from 2 months to a week
before the visit.

Publisher

**The Kunisaki Peninsula Usa GIAHS
Promotion Association**

(Secretariat)
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Kyomachi 11-8, Beppu city, Oita Prefecture 874-0926
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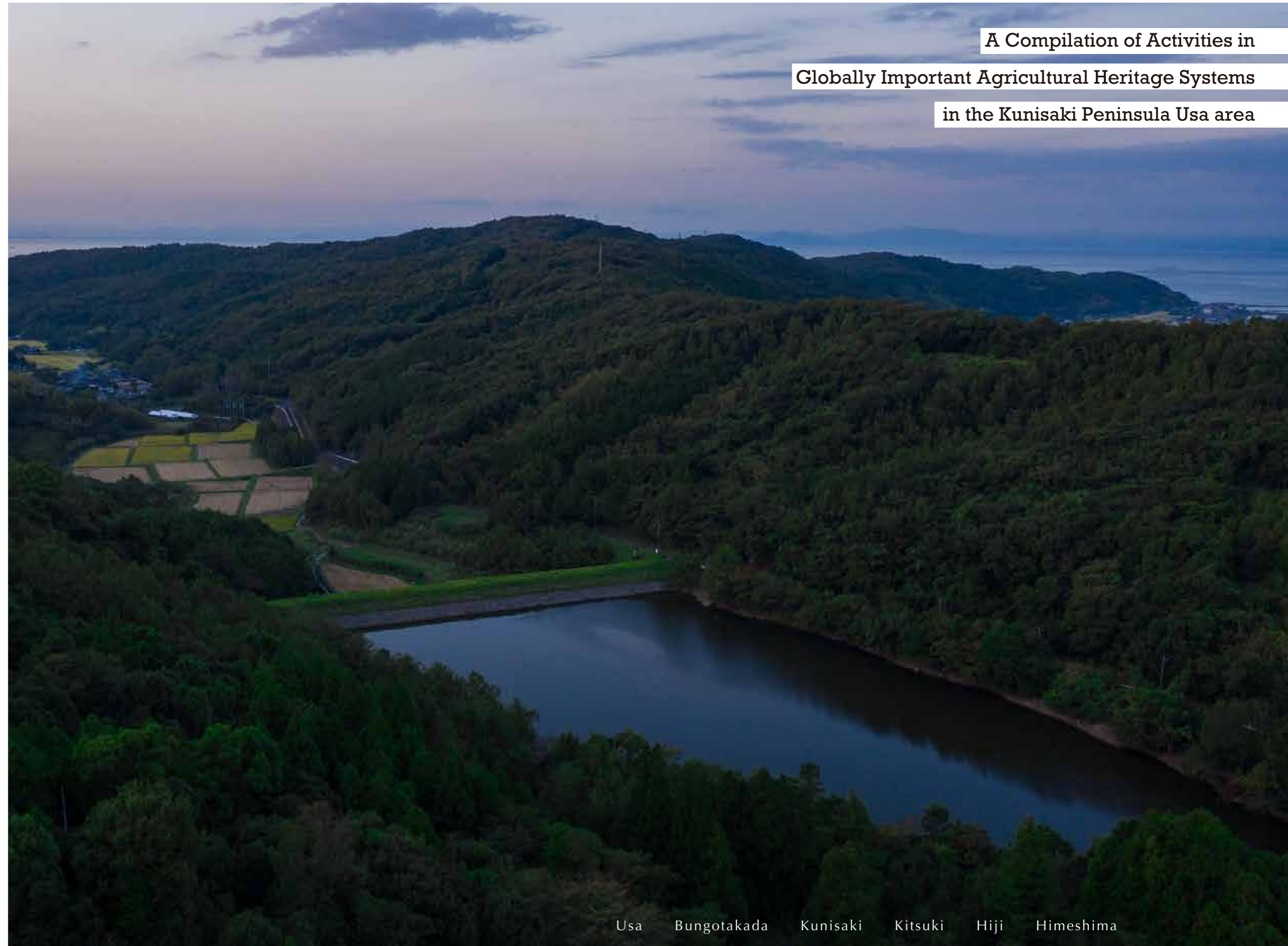
 [m_toyonokuni](https://www.instagram.com/m_toyonokuni)

Oita, Japan

MEGURU

A Journey Across Ancient and Modern Japan

A Compilation of Activities in
Globally Important Agricultural Heritage Systems
in the Kunisaki Peninsula Usa area



Usa Bungotakada Kunisaki Kitsuki Hiji Himeshima



国東半島宇佐地域世界農業遺産 Kunisaki Peninsula Usa GIAHS

What are Globally Important Agricultural Heritage Systems(GIAHS)?

GIAHS is a system certified by the Food and Agriculture Organization of the United Nations (FAO) which recognizes traditional agricultural systems which should be passed down to future generations, with the goals of preservation and sustainable utilization. There are 62 sites in 22 countries certified around the globe, and 11 sites are in Japan (as of Nov 2020).

Kunisaki Peninsula Usa area (Bungotakada, Kitsuki, Usa, Kunisaki, Himeshima, Hiji) was certified GIAHS in May 2013. The decisive factors were Sawtooth Oak forests and irrigation ponds built on steep mountains cleared up by our ancestors.

Our ancestors, while interacting with nature, shaped a system that utilizes the water cycle, which circulates from the forests to the villages,

and on to the sea, enriching people's livelihood. We will follow the story that has been passed on up until this current 21st century of how people have lived together with nature.



Published information is up to date as of Mar 2021.

The story of the Forest-Village-Sea Cycle lives on in fairy tales. Fish-Breeding Forests

Oita Himeshima Geopark
Promotion Association Specialist

Ms. Yu Horiuchi

Himeshima is a fishing island blessed with marine products located in the sea of Suounada. Geologist Ms. Yu Horiuchi was impressed not only by the particular geology of the island but also by the long kept initiative to protect fishery resources such as fish-breeding forests. Himeshima's story of fish-breeding forests is written in Hatoju Muku's fairy tale "The Island of Mysterious Stones and Fish".

Fish-breeding forests are forests grown on the coast or nearby mountains in order to gather fish. Trees create shade on the ocean which encourages fish spawning, and send soil nutrients into the ocean supporting fish breeding. In the Meiji era, Himeshima's first postmaster Ishitaro Chujo convinced villagers of the importance of



fish-breeding forests to the island which had seen a scarcity of fish, and started a movement to plant trees on the treeless mountain Mt. Yahazudake. As a result, trees grew thickly and fish started gathering around the island, giving way to bountiful fishing.

Moreover, seasons and terms when fishermen can catch fish or forage seaweed, fish types, fishing methods and so on were regulated to prevent overfishing in the same Meiji era and has been carried on to present date.

"It is incredible how the will to create initiatives for sustainable community development in Himeshima has spread since 130 years ago" says Ms. Horiuchi.

The residents of this island have succeeded the importance of preserving their resources for the future.

A sustainable future is here



The Kunisaki Peninsula Usa GIAHS Promotion
Association Chairman

Mr. Hiroaki Hayashi

"There is heritage in the name but it isn't actually a heritage." says Mr. Hayashi, also known as professor GIAHS. "A heritage is something from the past, GIAHS is different. It recognizes agricultural systems passed on from long ago that continue nowadays and are meant to be transferred to the future." He also grows rice and Shiitake in the Kunisaki peninsula just like his parents did.

"Two factors were key to the region being recognized as GIAHS, Sawtooth Oak forests and Shiitake

production." continues Mr. Hayashi.

"Log wood cultivated Shiitake production has been done here since long ago. Sawtooth Oak has been cultivated as it provides for good log wood. Even if cut, sprouts will regrow from the stump and in 15 years will be good to cut and use again. A system that combines sustainable use of forests and Shiitake production is impressive."

Regarding rice paddy agriculture, this area has low precipitation and plain lands are narrow so a system of around 1200 small interlinked irrigation ponds was established. People in the area still preserving this system was also a key factor. Large-scale irrigation systems, dubbed 'a future version of the interlinked irrigation ponds', are also implemented in sites such as the vineyards of the Usa area. Through various efforts, the locality paints the very picture of a vision where GIAHS directly connects with the future.

The downfalls of rain soak into the soil piled up with fallen Sawtooth Oak leaves and turns into water comprised of nutrients that go into the irrigation ponds, supporting agricultural activities. It then goes into the rivers and then onto the sea, enriching it, completing a great cycle. This coexistence with nature has helped preserve biodiversity.

"It was unintended but thanks to Sawtooth Oak forests and irrigation ponds, everything is connected. This agriculture, forestry and fishery products cycle system is recognized globally. We have been doing what the SDGs say for hundreds of years."

A sustainable future has here all along.

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Translator introduction

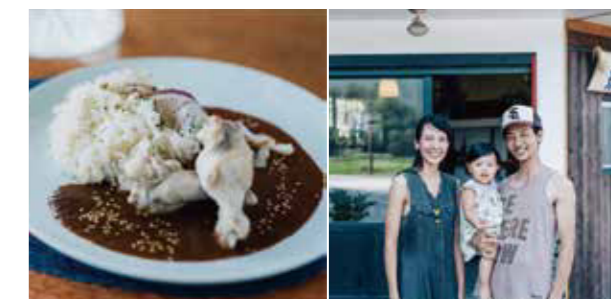
Olga Patricia Barreda Moreno



She came to Japan from Mexico on April 2010 for her graduate studies.

She fell in love with Japan and made it her home. Now she and her family have a Mexican restaurant at a place with abundant nature in the countryside. They utilize local fresh vegetables and game for the food.

She would be happy to talk about the wonders of this GIAHS area if you visit.



Mexican Food and Cafe

REAL POINT

Business hours: 12PM to 7PM (Sat to Mon)
Tashibu Maki 1765-3, Bungotakada city



Grasp the secret of Japanese cuisine! "Umami" Shiitake production

Kunisaki



Shiitake producers

Mr. Takafumi and
Mr. Kenji Kiyosue

Umami is recognized worldwide as the flavor behind Japanese cuisine. To create it, famous chefs use kombu kelp, bonito flakes and dried Shiitake. In this program, you will be able to visit the woods where Shiitake are produced.

Shiitake fields (hodaba) are sections of forests with moderate moisture and ventilation. In these sections, Sawtooth Oak log wood implanted with Shiitake bacteria are lined up. The Kiyosue brothers inherited their Shiitake forest from their parents. The average age of Shiitake producers in the prefecture is over 70 years old, making them very promising young brothers. "Sawtooth Oaks produce large amounts of Shiitake, and they also give them a nice fragrance. You can sense the characteristic smell of Sawtooth Oak when you eat them."

In Japan, there are regions that utilize Konara Oak logs, but Oita utilizes Sawtooth Oak. The fragrance and firmness of Shiitake that received sunlight, water and wood nutrients naturally is unique. It is possible that the quality of umami could also vary depending on the type of wood utilized to cultivate Shiitake. Oita produces the largest volume of dried Shiitake in Japan, and Kunisaki's Shiitake is proudly among the best in terms of quantity and quality.

Kiyosue farm's log wood Shiitake production program lets you experience both log preparing and Shiitake harvesting. You can also snack on homemade Shiitake buns made by the Kiyosue's mother, take home the harvested Shiitake, and 200g of dried Shiitake.



Forest Activities

Log wood Shiitake production



INFO

Implementation period: the month of February
Program duration: 3 hours
A 9:00 ~ 12:00
B 13:00 ~ 16:00
Program fee: 8,000 yen per person Venue: Kiyosue Farm
Capacity: 4 people (minimum of 2 people)
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516



A good tea is brewed with beautiful charcoal. Kikusumi charcoal furnace visit

Kunisaki

Kunisaki-seitan Charcoal Furnace Manager

Mr. Shigeki Haruyama



Charcoal is not only for barbecues. Hot water used in tea ceremony is boiled using Kikusumi charcoal. Its cross section resembles a chrysanthemum or 'kiku' flower. You will be able to experience Japanese aesthetic sense.

"In the 1500s, it was said that the principle of 'san-tan-san-ro' was vital to the tea ceremony, as guests could understand the host's thinking and communicate each other's thoughts through the state of the burning charcoal (tan) and the sprinkled water (ro)." Mr. Haruyama says. He is a charcoal artisan who loves tea ceremony.

Tea ceremony charcoal does not produce smoke, keeps burning a long time and looks nice.

"Kikusumi charcoal made from Sawtooth Oak burns a long time, and its heat is perfect for the tea's iron pot." The cumulative total of Sawtooth Oak trees in Oita prefecture accounts for around 24% of the total nationwide, making it the largest amount in Japan. Kunisaki's Sawtooth Oak trees are said to be of very good quality. Sawtooth Oak lumbered from October to March, as well as log wood leftovers from Shiitake producers, are put into the furnace and burned for 12 to 13 continuous days. But it is not only burning, it involves a difficult process to achieve a top quality, long lasting and beautiful charcoal. It requires both good quality Sawtooth Oak and a skillful artisan to make good tea ceremony charcoal.

The tour of Kunisaki-seitan includes a visit to the furnace, experiencing a part of the charcoal making process, and making decorative charcoal.

Forest Activities

Kikusumi charcoal furnace visit



INFO A Charcoal making

B Kikusumi charcoal decoration making

Implementation period: all year long
(program contents vary depending on date of the visit)
Program duration: approx. 90 min
Program fee: 3,500 yen per person
Capacity: 8 people (minimum of 2 people)
Venue: Kunisaki-seitan
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516

Forest Activities

Sencha and Matcha Tea ceremony Kitsuki



If you are interested in Zen, this tea ceremony is for you. The time you will spend in the tea room of a designated Important Cultural Property transcends calmness. Feel the Japanese *Wabisabi* while enjoying a beautiful Japanese garden.

INFO

Implementation period: all year long (best seasons to visit are Spring and Fall)
Program duration: approx. 30 min
Program fee: 880 yen (Sencha) or 1,100 yen (Matcha) per person
Capacity: 10 people (minimum of 2 people)
Venue: Ocha no Tomaya
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516



Rice cultivation in scenic paddy fields from the Middle Ages

Bungotakada

Shoen no Sato Promotion Committee Director
Mr. Manabu Kuramoto



"I want more people to know about Japan's original landscape which can be appreciated in Tashibu-no-sho manor." says Mr. Kuramoto, who is the leader of a local group that has revived old ways of harvesting rice by hand through events. It is a rare opportunity to wear traditional clothes, go in barefoot in the muddy paddies, and plant seedlings by hand. Even in Oita, where paddy fields are generally surrounded by rocky hills, Tashibunoshou is one of the best scenic places and definitely a place you should visit. The fundamental form of the arable land and hamlets has been retained since the 14th and 15th century, and it has also been chosen as one of the country's Important Cultural Landscape. The breathtaking landscape of Tashibunoshou offers a view of a village lifestyle which utilizes the natural landscape.

Village Activities

Rice planting and harvesting at Shoen no Sato



INFO

Implementation period (subject to change)
Rice Planting Festival: 2nd Sun of June
Harvest Festival: 2nd Sun of October
Venue: "Hotaru no Yakata" in Tashibunoshou Osaki
Inquiries: Shoen no Sato Promotion Committee Office
<MAIL> tashibunoshou@gmail.com



Growing Shichitoui, the most suitable material for Japanese tatami

There are Japanese tatami lovers all over the world. Among Japanese tatami, tatami made of Shichitoui is quite rare and luxurious, and is only produced in the Kunisaki peninsula area. However, demand for tatami in Japan is decreasing, therefore in order to preserve Shichitoui, Mr. Yasuhiro Morotomi is striving to promote and rebrand it by holding planting and harvesting events. Mr. Morotomi quit his job as a public servant at the age of 52 years old and became a Shichitoui farmer. "There were only 5 families doing farming, and 3 of them were over 70 years old. I thought it would be a shame if it was lost." It is a continuous process of trial and error for farmers to grow beautiful glossy Shichitoui.



Kunisaki
Shichitoui Farmer
Mr. Yasuhiro Morotomi
Shichitoui artist
Ms. Chika Iwakiri

Ms. Chika Iwakiri is an artist that makes products from Shichitoui grown by Mr. Morotomi. She produces crafts based on her desire to raise the value of Shichitoui so that Shichitoui farmers can survive. All crafts in her workshop such as round mats, bracelets, and festoons are unique. "What's fascinating about Shichitoui is that it looks like regular grass but its color and fragrance transform, and its shape completely changes when it is twined, weaved, and put together." Boosted by the GIAHS certification, chances to promote Shichitoui increased, and more efforts are being made to organize workshops where you can have direct contact with Shichitoui. Wouldn't you love to take home your own hand made accessory as a souvenir from your visit to Japan?

Village Activities

Kunisaki Shichitoui farming experience



INFO

Implementation period
Shichitoui planting: May
Harvest: August to September
Program duration: approx. 4 hours
Please inquire for program fee
Capacity: 20 people (minimum of 2 people)

Venue: Morotomi Shop or Rice Planting Festival Folklore Hall (next to Morotayama Shrine)
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516

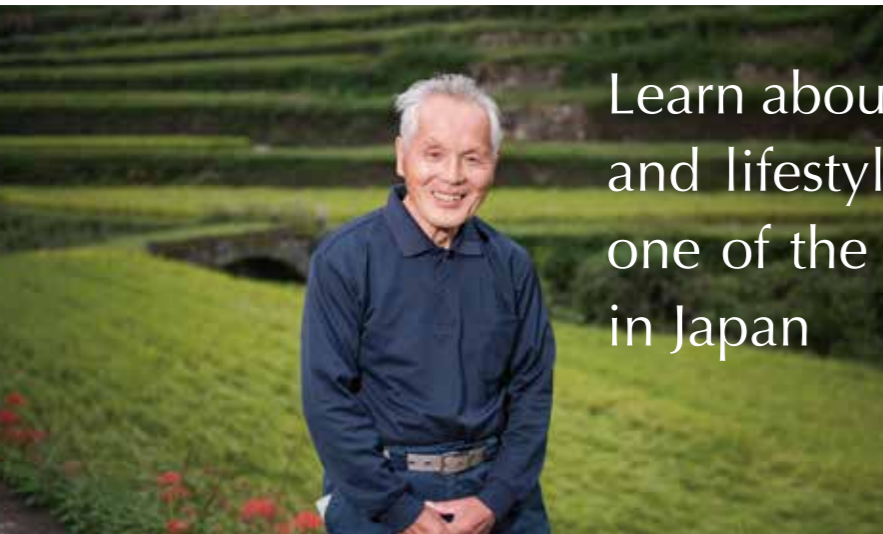
Kunisaki Shichitoui craft making



INFO

Implementation period: all year long.
*tour may not be available depending on date and time.
Program duration: From 9 am (duration varies depending on craft)

Program fee: ①Shichitoui sandals 4,000 yen ②Bracelet 1,500 yen ③Coaster 1,500 yen (braid type or rope type)
Capacity: 15 people (minimum of 2 people)
Venue: Shichitoui Workshop Nanatsumugi, or Kunisaki Shichitoui School
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516



Learn about traditional agriculture and lifestyle at Ryouai rice terrace, one of the 100 best rice terraces in Japan

Usa

Ryouai Rice Terrace Revitalization Council Chairman
Mr. Ishii Kazuo

If you want to photograph old Japanese village landscapes this place is definitely recommended. Ryouai rice terrace has been chosen as one of the 100 best in Japan. There are so many details to be captured in camera such as the ledged paddy fields on the steep sides of the ravine, the river flowing between two villages, the nostalgic stone bridge... However, the survival of this landscape is in danger due to aging population and damage by wild animals. "Preserving this landscape is our way of life" says Mr. Ishii who was born and raised here. Rice planting and rice harvesting festivals are held utilizing as base a vacant house turned into a cultural exchange facility. Also, the rural cuisine by the local ladies there is truly exquisite.

Village Activities

Farming experience at Ryouai Rice Terrace



INFO

Implementation period
Rice planting: June
Harvest: October
Program duration: approx. 90 min
Please inquire for program fee and capacity
Venue: Ryouai Rice Terrace Community House Mukkaraya

Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516

Check out my experience!



Kunisaki Shichitoui farming experience

Shichitoui harvesting was a lot more complicated and delicate work than I thought. It was fun doing it, but watching Mr. Morotomi swiftly and skillfully do it was much more interesting. It was like a performance: he held the Shichitoui up straight in his arms, then patted the bundle lightly against the ground a few times, tied it up, cut the ends to make it even and then he let it go. It stayed upright. I was so impressed, I clapped my hands in excitement.



Kunisaki Shichitoui craft making

I love handcrafts so I was very excited about this one. I wasn't very confident at first, but Ms. Iwakiri was such an incredibly good teacher, even a beginner like me could do it. She is truly a professional with incredible skills. She weaved a toy horse for my baby, some bracelets and a coaster in seconds! I was speechless watching her do that. I thought artisans are pretty neat. I have so much respect for them.



Food and lifestyle at a farm surrounded by rice and crop fields



Kunisaki

Tomikuji Inn and Farm Restaurant Itchabacha

Mr. Tatsuzo and Mrs. Itsuko Okano

If you are wondering what's it like living in the Japanese countryside and want to try rural cuisine, then you should visit rural inn and restaurant Itchabacha.

At the farm stay you will be basically staying at Mr. and Mrs. Okano's old house in the countryside and do farming activities. You can also try and cook rural cuisine using vegetables from the farm. Mrs. Okano's udon making lessons are quite popular with visitors too. There are also many things to enjoy in everyday life at the Japanese countryside such as visiting temples

and hanging out at the ocean. The restaurant's menu includes dishes that use assorted vegetables, and fresh local fish. Vegetables come from their own and neighboring fields. The miso and pickles they use are also home-made. The ocean is nearby so their dishes use very fresh fish. Their lunch set includes over 10 different items, and is very filling and tasty.

"I hope you get to see our lifestyle and realize life in the countryside is pretty good too" Mrs. Okano says with a smile on her face.

I was so excited to see all the colorful veggies in Mrs. Okano's field. When we were picking them, I had a lot of questions for her about growing veggies since I am also growing a few at home. She gave me many awesome tips. In the kitchen, she also thought me some rural food recipes and even how to arrange food nicely on the plate! I felt like I was learning from my mom. The food I ate there was so good and knowing it used the veggies we picked earlier just made it better. Watching the beautiful garden while eating made it just perfect.



Check out my experience!



Village Activities

Rural restaurant Itchabacha



INFO

Business hours: 11:00 – 14:00 (Thu, Fri only)
 Reservation-only (up to 2 days in advance)
 Price: Lunch set 1,400 yen (may be subject to change)
 Capacity: 30 people
 Inquiries: Itchabacha (Okano) <TEL> 0978-74-1029
 Telephone inquiries are only available in Japanese

Itchabacha Tomikuji Inn farmstay



INFO

Business hours: all year long (no service on year-end/new year/Obon)
 Please inquire for fees (includes 1 night 2 meals and a separate farming activities fee)
 Capacity: 10 people
 Inquiries: Kunisaki Tourism Association Green Tourism Division
 <TEL> 0978-72-5168 <FAX> 0978-72-5173
 Telephone inquiries are only available in Japanese

GIAHS Village Travel Information

- Walk -

Scenic Kanagoe mountain range trekking

Best time to visit is mid-May and mid-October (best time to see Kyushu Azaleas)

Guide and fees For guided tours please contact Hiji Tourism Association up to a week in advance

Inquiries Hiji Tourism Association <TEL> 0977-72-4255 <https://hijinavi.com>

[Hiji]

GIAHS Yamaga Furusato Walk

Go around scenic historic sites, mountains, and GIAHS landmarks such as Shii-take fields (hodaba) and irrigation ponds.

Best time to visit is Spring and Fall
 Map of routes is available at Kitsuki Tourism Association

Inquiries Kitsuki Tourism Association
 <TEL> 0978-63-0100 <FAX> 0978-63-0112

[Kitsuki]

Ryouai Rice Terrace Stroll

Stroll around the scenic Ryouai rice terrace, chosen as one of Japan's 100 best rice terraces. You can also purchase a lunch box that is made with rice, vegetables and herbs grown at Ryouai rice terrace.

Best time to visit is all year long (except for year-end/new year/obon/and days of local events)
 Please inquire for guide, fees and capacity
 Please reserve up to 3 weeks in advance

Inquiries Toyonokuni Millennium Heritage Tourism Zone
 <TEL> 0977-85-8511 <FAX> 0977-85-8516
 [Usa]

Asahi Irrigation Pond Walk

Walk the system of interconnected irrigation ponds, sake breweries and Mt. Gion overlooking Seto Inland Sea alongside a local guide.

Courses • Honobono course 4km
 • Mt. Gion and Mt. Gongen course 8km
 • Difference in elevation is 70m.

Best time to visit is all year long (except for year-end/new year/obon)

Guide and fees 15,000 yen per guide (up to 15 available)

Capacity 45 people (minimum of 1 person)
 Please reserve up to 14 days in advance

Inquiries GIAHS Asahi Project (GAP)
 <MOBILE> 090-6889-2402 (Kiyohara)
 Only in Japanese [Kunisaki]

The Kunisakihantou Minemichi Long Trail

The total length of the 10 courses that are part of the "Minemichi" training road is 135km. You will be able to go on a pilgrimage and enjoy the seasonal landscape and historic temples and shrines in a certified GIAHS area.

Best time to visit is Spring and Fall

Guide and fees Expert trail guide available for hire

Inquiries Kunisakihantou Minemichi Trail Club
<http://www.kunisakihantou-trail.com/index.html>
 [Kunisaki, Bungotakada]

- Stay -

Experience life in the countryside at Oita's farmstays

Stay at a rural house in the Kunisaki Peninsula Usa area, and enjoy cultural exchanges with the local community through food and farming activities.

Available all year long (except for year-end/new year/obon)

Reservation-only
 Please inquire for fees (includes 1 night 2 meals and a separate farming activities fee)

Inquiries [Kunisaki Area]
 Kunisaki Tourism Association Green Tourism Division
 <TEL> 0978-72-5168 <FAX> 0978-72-5173

[Usa Area]
 NPO Ajimumachi Green Tourism Society
 <TEL> 0978-44-1158 <FAX> 0978-44-0353
 [Bungotakada Area]
 Bungotakada Green Tourism Promotion Committee
 <TEL> 0978-25-5805 <FAX> 0978-23-1870

[Kitsuki Area]
 Yamaga Green Tourism Research Association
 <TEL> 0977-75-0256 <FAX> 0977-75-1195
 *Director's house (Uno Motors) Only in Japanese

- Eat -

Farm restaurant Hundred years old house Tokieda

The food is prepared with a lot of time, effort and love, and uses home grown rice and vegetables.

Business hours 11:30 to 14:00 (dinner available upon request)

Irregular holidays Reservation only
 Please inquire for prices

Inquiries Only in Japanese
 Farm restaurant Hundred years old house Tokieda <TEL> 0978-44-0811 [Usa]

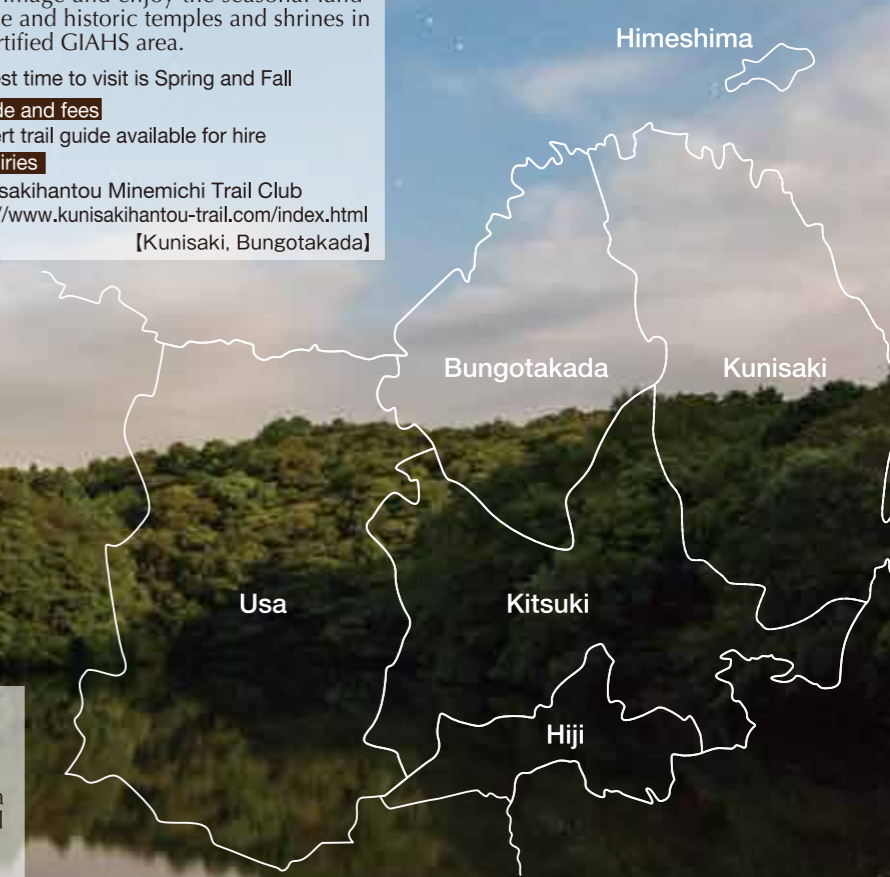
Farm restaurant Shikisai Kodama

The food is delicately prepared using fresh vegetables from the garden.

Business hours 11:30 to 14:30 (Fri, Sat, Sun)

Reservation only
 Please inquire for prices

Inquiries Only in Japanese
 Farm restaurant Shikisai Kodama
 <TEL> 0978-67-0539 (only from 12:00 to 13:00) [Kunisaki]





The umami of oysters is universal.
Come get your fill of
Japanese oysters!
Oyster grilling at Kaki no Ie



Morie Bay, Kitsuki

Oyster farmer Mr. Tamio Okui

If you come in Winter and don't try oysters at Morie bay, your trip will be missing half the fun. Every year on the first day of November, the oyster grill houses on the seaside road open. People from the cities all line up on the weekends when oyster season starts. Mr. Tamio Okui and his colleagues were one of the first to open their grill house "Kaki no Ie" 15 years ago.

They ride their boat to the oyster farm every morning as the sun rises. They pull up a rope with about 70 oysters attached to it. The oysters are immediately brought to the shop to sell. At the adjoining restaurant serving grilled oysters and oyster rice, you can enjoy the unique smell of oysters and their rich umami.

Oysters feed on plankton, therefore the nutrients of the sea play a very important role. In Mr. Okui's words "Many rivers flow into Morie Bay, bringing all the nutrients from the mountains, so oysters thrive here."

Morie bay is one of the most prominent oyster farming areas in Western Japan and provides the perfect environment to

grow top quality oysters.
The best season to get oysters at Morie bay is from December to early February.

Sea Activities

- Oyster grilling at Kaki no Ie



INFO

Implementation period:
November to mid-February
(9:00 to 15:00)
(Closes when sold out) Closed on
Wednesday
(subject to change)
Please inquire for program fee
Venue: Kaki no Ie
<TEL> 0978-63-0808
Telephone inquiries are only
available in Japanese



Experience a peaceful island time!
Ecocar tour around Oita Himeshima Geopark
(Japanese National Geopark, GIAHS Village, Himeshima)

Himeshima

Island guide

Mr. Tatsuo Yoshida



If you want to forget about time, why not ride an electric Ecocar that goes at 19km/h? Your guide will be Himeshima born and raised Mr. Tatsuo Yoshida.

Himeshima is an island located Northeast of Kunisaki Peninsula, that was created by a volcanic eruption over 300 thousand years ago. In the guided tour around Himeshima Geopark you will be able to see the remnants of the volcanic activity, as well as learn about history and legends of the island written on the Kojiki (ancient records) and Chronicles of Japan.

Geology maniacs should also visit Kannonzaki, Himeshima's obsidian field, designated as a national natural treasure. When you walk up to the observation platform, the view of deep blue Suounada sea spreads across the obsidian stone cliff. The pale black color of the obsidian is probably unique to Himeshima.

At the village center there is the Koshi family's residence, known as the saviors of Himeshima by the people of the village. It is an imposing and formidable wooden construction. In the Edo period, the family head introduced sweet potato cultivation to the



low rice cultivating island, and liberated the island people from the agony of hunger.

Even now, the idea of helping each other and utilizing the local resources to overcome the land disadvantages for future generations is passed on. In other words, it is the embodiment of the spirit of GIAHS. You will be able to experience the island's peaceful atmosphere and meet its residents.



GIAHS village seen from the sea.
Beppu bay fishing boat cruise

Hiji

Fisherman Mr. Kimio Nakayama

Sea Activities

- Beppu bay fishing boat cruise



INFO

Implementation period: all year long Program duration:
over 30 minutes
Please inquire for program fee Capacity: 12 people
(per boat) Reservations up to 7 days in advance
Departure/arrival points: Oga fishing port, Hiji fishing port, Toyooka fishing port, Kamegawa fishing port, Beppu Kusunoki port
Inquiries: Toyonokuni Millennium Heritage Tourism Zone
<TEL> 0977-85-8511 <FAX> 0977-85-8516

Wherever you go in the world, it is always exciting to go to the local market. Going there on a fishing boat is even more unusual.

Fisherman Mr. Nakayama is in charge of the tour. He is a veteran with over 30 years of experience. Early in the morning you will hop on Mr. Nakayama's boat at a port near a hotel, and ride at full speed feeling the morning breeze on Beppu bay. You will dock at Oga fishing port at the far end of the bay right on time for the start of the market's auction.

You will be able to witness the unique scene of Japanese market sales: outstandingly fresh fish lined up and merchants calling out like a song. You can also purchase some fresh seafood to eat on the spot. Conger pike is said to taste very good, and is served at various restaurants in town.

Mr. Nakayama became a fisherman at 25, and together with his colleagues has been planting trees since then. He explains "the connection between sea and mountain is more perceptible during rainy season. If groundwater rich in nutrients from the mountain does not flow into the sea, plankton does not form and fish can't grow. The rain water from the mountains is very important for the sea."

Water flows from the forests to the villages, and then to the sea creating the circle of life.

"When I was young I didn't understand why as a fisherman, I needed to go to the mountain. But now I finally understand."

Sea Activities

- Ecocar tour around Oita Himeshima Geopark



INFO

Implementation period:
all year long
*tour may not be available
depending on date
and time
Program duration: 3 hours
Program fee:
from 6,000 yen
(variable depending on
number of people
and vehicle)
Capacity: 4 people
(minimum of 2)
Venue:
Himeshima Ecotourism
Office
<MOBILE> 080-6452-0263

- Oita Himeshima



Production and sales of Himeshima's marine and agricultural products. Exclusive products such as a type of Hijiki seaweed which is harvested only during two days a year can be found here.

INFO

Business hours: 9:00 to 17:00 (closed on Mon)
Inquiries: Oita Himeshima
0120-898-808 (Toll-free)
<MAIL> koiwa@oita-himeshima.jp