

# Groove Nakagawa GUIDE MAP

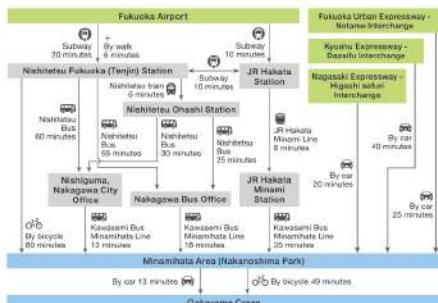


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## ACCESS GUIDE



## Embark on a journey to the city which thrives with water and nature.

Nakagawa River's life-nurturing flow and the historic "Sakuta no unade," Japan's oldest irrigation channel, weave a rich history. Explore the diverse charm while strolling through the beautiful mountainous and water source areas.

### Water & Nature

Numerous clear streams and three dams, Seifuri, Gokayama, and Minamihata, are located among the majestic mountains.

Nakagawa City thrives with abundant sky, water, and nature.

### Culinary & Blessing

Nourished by the blessings of water and earth, discover the essence of agricultural treasures and savor the unique flavors of Nakagawa's country offerings—a culinary experience like no other.

### Seasons & Relaxation

Embrace the vibrant peaks, refreshing greens, and the rich red hues of enchanting foliage. Experience the changing seasons, emerging from a period of dormancy and snow, blossoming throughout spring, summer, autumn, and winter.

### Art & Sensibility

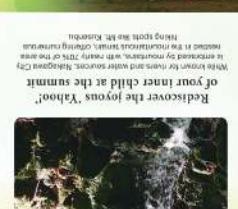
The evocative landscapes and distinctive ambience attract numerous artists. Nestled in the embrace of beautiful nature, this place becomes a canvas for creative arts, inspiring the hearts of all who explore its creative allure.

### History & Tradition

Tales of mythology, vibrant festivals, and timeless traditions. Cherishing the rich heritages of cultural practices, the age-old customs breathe life into daily living, preserving the essence for future generations.

### Outdoor Adventures

Dive into the great outdoors with camping, hiking, cycling, and more! Unleash your spirit of adventure in the vast wonders of nature.



### Soulful Cafes & Restaurants

### Local Specialty Foods

### Local Products

### Local Products

### Local Products

### Local Products

**WAVE G Glass Studio**

Studio and gallery of stained glass. In the shop space, you can see various stained glass works, including window glasses, and photo frames. The gallery showcasing around 50 lamps is a must-see display of illuminated art.

**Daina Shoten**

Offering authentic and aromatic artisanal bread at affordable prices, added to the collection, our selection includes various wooden-framed window glasses, and photo frames. The gallery showcasing around 50 lamps is a must-see display of illuminated art.

**Nakagawa Seiryu**

Immerse yourself in a premium natural hot spring that wells up from deep beneath the Sefuri mountain range. The Nakagawa Seiryu hot spring offers a variety of baths, including a rustic open-air wooden bath and a log bath, surrounded by the lush entrance to the forest during the winter months available for a stay in the hot tub.

**Glamping Gokan**

Stay in a dome-shaped tent for a cozy winter retreat and a cozy winter house. Enjoy a delightful evening experience with a campfire and a bonfire. The menu consists of locally produced produce and vegetables. Increase your energy with the natural air and the sound of wood burning crackles and bubbling water baths. Stimulate your senses and indulge in a luxurious escape.

**Narutakegama**

Discover the enchanting pottery studio which creates quietly in the midst of mountains. The pottery workshop offers the experience of throwing pottery, glazing, and painting pieces. Notably, the pink, adorable ceramic cups paired with coffee make for the perfect gift.

**THREE TREES**

An atelier and cafe that offers couples the unique experience of creating custom wedding rings together. The workshop is open to the public, featuring a lifetime of cherished memories. The cafe operates exclusively on weekends, providing an extra layer of charm to this enchanting spot.

**Hoki**

A charming cafe where you can immerse yourself in a traditional atmosphere, adorned with dried flowers and colorful flower arrangements, offering a harmonious space for you to savor the unhampered flow of time.

**MADOKA**

The European-style facade and oven, seemingly plucked from a storybook, are the handmade craftsmanship of the owner. Indulge in a delicious, mouthwatering loaf baked with the traditional heat (far-infrared rays) of the stone oven. For lunch, the "Stone Oven Pizza" is a highly recommended dish, involving a 24-hour slow-cooking process.

**napan**

Look, savor, and smile. Its breads are uniquely adorned with adorable flower shapes. The breads are made with organic flour, creating a delightful experience. It offers a diverse range of soft-textured breads that are easy to enjoy for everyone from kids to seniors.

**Mandaragama**

A potter's studio and gallery which aims to create unique pieces from unique plates to artistic vases, creating an artful experience. Explore and savor the joy of discovering your perfect piece among the many colorful creations.

**Waranokura Joan**

The menu features uncompromising commitment to "natural flavors" with pesticide-free ingredients and local products. This hidden gem of an eatery restaurant allows you to fully savor the producers' passion and the essence of the region. Please note that advance reservations by phone are essential.

**Nakanoshima Park / SUMITSUKE**

**Lunch&Café Sora**

Located on the elevated plateau, this cafe boasts the owner's dedication to incorporating local, locally sourced ingredients into their dishes. They not only delight the palate but also prioritize health. After meal, savor sweets and coffee while enjoying the ever-changing scenery through the windows. Take your time to fully appreciate the setting.

**River Park**

A park where you can enjoy river activities directly below the Gokayama Dam. The terrace is perfect for family outings, and picnics.

**Gokayama Tofu**

Offering specialty tofu made with 100% locally sourced soybeans, organic produce, and pure spring water from the Sefuri mountain range. Indulge in exclusive tofu dishes like Gokayama Tofu original set meal and Gokayama Dam Curry, available only here.

**Sefuri Youth House**

Facilities for growth through nature experiences, sports, and arts, and business. Dive into diverse programs, spanning outdoor excursions, including mountain adventures.

**Roadside Station Yoshinogari**

A scenic roadside station located beyond the tunnel from the Sefuri Dam area. From here, you can enjoy the view of the Suga Plain, and on clear days, catch a glimpse of Mt. Nagasaki. The station also features a local specialty product shop and a room where freshly grown agricultural products from Suga and exclusive regional delicacies you won't find anywhere else.

**OAKHILL VIEW**

A cafe with an enchanting ambiance and sprawling views of the forested landscape. The menu emphasizes local produce and consumption. It generously incorporates ingredients such as Suga beef and locally grown Western vegetables from a nearby farm. Enjoy the open-air terrace for a more intimate dining experience.

**Higashisefun Osenzaka no Yu**

A hot spring facility nestled atop a lush hill. The expansive open-air bath offers a unique experience, allowing you to soak in the warm water at the evening, revel in the enchanting sight of a starlit sky and city lights. With dining options available on site, it's a place where you can comfortably unwind before and after your soak.

**Adventure Valley SAGA**

Embark on an adventure at Japan's largest natural playground, a capital for children's park experiences. It is abundant with forest and diverse landscapes. An enchanting playground for both adults and children to learn the wonders of nature.

**Yoshinogari Historical Park**

Located atop the nationally designated special historic site Yoshinogari ruins, it is Japan's oldest and most well-preserved village name. The park offers hands-on experiences such as "yamabushi," a play area, and various attractions, and a large space, providing a leisurely day of enjoyment.

**mina pann / Takenaka**

Indulge in the artistry of a certified nutritionist's bakery, featuring 30 different types of bread and pastries, plus local seasonal ingredients. Explore beloved non-fried donuts, made with meticulous care under the theme of "Miyazaki's Sweetness."

**pasticceria CINO / Yoshikoshi**

Bring your taste buds to Italy at this cafe, combining the flavors of the Italian Riviera and Kyushu's ingredients. Experience the taste of authentic Italian/Italian with our regional offerings, including Carmel and other Italian regional sweets, as well as Carmel and other Italian regional sweets.

**Gokayama Cross Base / TRAIL**

This is the Gokayama Cross, featuring Mount Kusenbu, Gokayama Shrine, and an expansive observation deck with a panoramic view of the Gokayama Dam. It's a place to enjoy views of the surrounding landscape and the nature-rich mountains of the Seto Inland Sea.

**Higashisefun Onsen**

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**Information at the end of September 2023. Please contact each facility for details as the contents may change.**