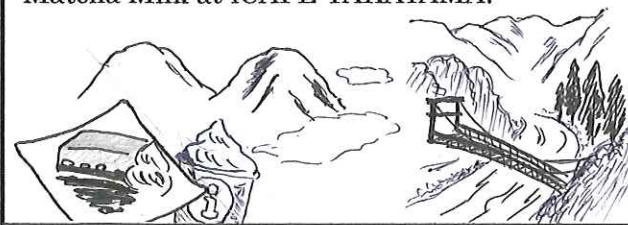


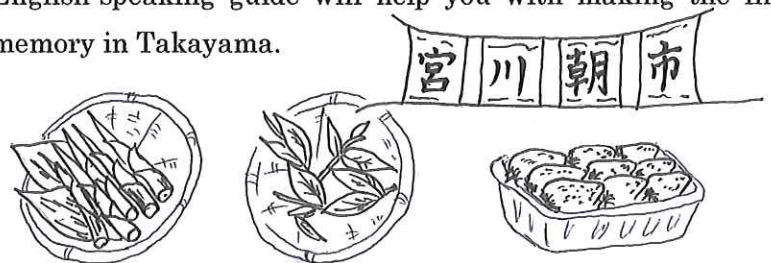
**RICE PLANTING** is the iconic countryside scenery of Japan and can be seen in the mid-late May in the high cool land of Hida. Especially Hida produces a high quality of rice and we have many local soul foods made with rice such as Mitarashi-dango and Goheimochi. In Hida Folk Village, Kurumada rice field will catch your attention because of the unique shape. "Kuruma" means a car in Japanese. It was named after the way of planting rice in the shape of a car wheel, which is an exclusive rice planting method in Japan. Every year in the middle of May, Hida Folk Village holds a rice planting event, providing rice cakes made by rice cropped in the field. Koinobori is another fun thing to see during the Boys Festival in May. It is a carp shaped flag, traditionally displayed in the home fields or gardens to wish for boys to grow to be strong and brave. It is quite pretty to see the reflection of cute Koinobori on rice fields. The best way to enjoy the green season is cycling in rice fields! Ask us about details of tours at the tour desk.



**CHUBU SANGAKU NATIONAL PARK** surrounds you with fresh greenery! Mt. Norikura, a signature mountain in Takayama, is open from May 15<sup>th</sup>. You may still see snow there at 2,702 meters above sea level. There is also the Alpine Flower Garden to enjoy more colors. Kamikochi, a popular highland in Japan, offers you the most stunning trekking sites. Clear blue rivers are simply spectacular! To appreciate greenery even more, do not miss Matcha cake and Matcha Milk at iCAFÉ TAKAYAMA!



**TAKAYAMA MORNING MARKET** is one of 4 major morning markets in Japan. There are Jinya mae Morning Market and Miyagawa Morning Market. It opens at 7am till 12pm, 24/7! They sell fresh seasonal vegetables, fruits, sweets, folk crafts etc. This time of a year, we have many kinds of edible wild plants such as Himetake (a kind of bamboo), Azukina (a kind of Vicia) and perhaps strawberries. If you ask, the farmers will kindly tell you how they are consumed in Hida. Interacting with the locals is the real thrill in traveling! If you do not have confidence in Japanese, join our Food&Culture Walk! An English-speaking guide will help you with making the finest memory in Takayama.



*Let's make the most of your Hida trip!*