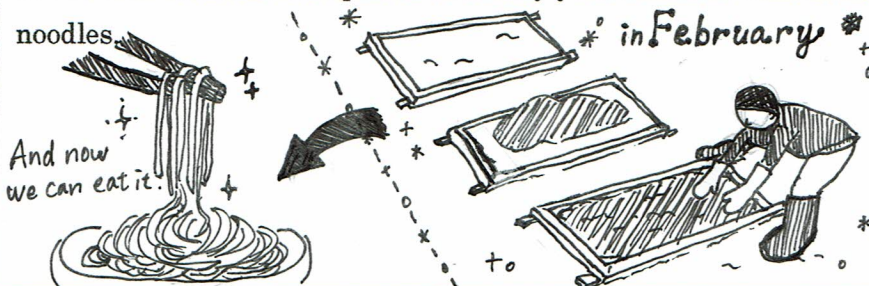


**THE RAINY SEASON** is one of the best seasons to enjoy the beautiful flowers in Hida. Inside Uzué Shijuhachitaki Park, there is a 35,000m<sup>2</sup> flower garden with Japanese primrose, Bamboo lily and Hydrangea! Japanese primrose, “Kurinsou” in Japanese, blooms the petals layered on top of one another 9 times so there is “ku” – meaning “9” in the name. Or it is said that the flower looks like the decoration on top of a Buddhist temple tower called “kurin”. Ajisai(hydrangea) is well known as a signature flower of the rainy season. It was even mentioned in Japanese poems composed back in 7<sup>th</sup> century! It tells how much the Japanese have appreciated the flower. You can see the beautiful blue-purple color along the Kitayama Walking course as well as near Nakabashi bridge. There will be lovely Ajisai blooming on the routes of our cycling tours too! Ask for details at our tour desk.



**KANZARASHI SOBA**, wintering buckwheat noodles, is a local soul food in Shokawa, Takayama. What makes it special is the way of preparing the buckwheat. About 300 kg of buckwheat is exposed to the water whose temperature is -2 degrees in the winter. By doing so, the noodles get thicker and sweeter! 3,000 bowls of noodles can be produced from that amount of buckwheat. Therefore, it is highly precious and there is limited access to this unique noodle in Takayama. Besides, Hida normally produce a superior quality of buckwheat due to the clear water and air with a big temperature gap between daytime and night in the high cool land. There are some noodle shops lasting for over 100 years! Ask at the tour desk the best places to satisfy your stomach with Hida noodles.

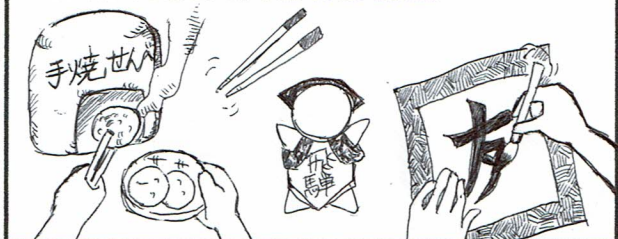


## EXPERIENTIAL ACTIVITIES

are the best way to enjoy your stay in Hida on rainy days! This is not only about avoiding the rain but learning the local culture in the most effective way. Here are some examples that you can try here!

- ◆ Rice cracker baking
- ◆ Sarubobo making
- ◆ Chopstick making
- ◆ Tea ceremony
- ◆ Shodo – iCAFE TAKAYAMA!

You will bring great memories back home! Ask for details at our tour desk.



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