

**BEST OUTDOOR ACTIVITIES** await you here! Hida is rich in majestic nature because of the plateaus and 3,000 meters high mountains in Chubusangaku National Park. Thanks to the supreme location, we have many sites to enjoy outdoor activities such as trekking, cycling and so on. Let's embrace the gorgeous Japanese Alps together this summer. Ask our concierge at the tour desk for more tips about activities and places to go.

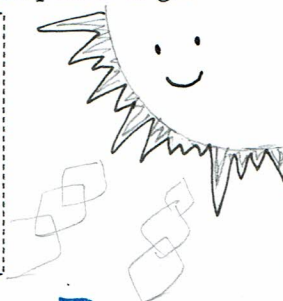
**Trekking:**

- ◆ Hara/Matsukura – 1hour
- ◆ Shiroyama – 0.5~1hour
- ◆ Kamikochi – 1~5hours
- ◆ Mt. Norikura – 0.5~3hours
- ◆ Shijuhachitaki – 2hours
- ◆ Hida Great Limestone Cave – 0.5hour
- ◆ Nabedaira (Shinhotaka Ropeway) – 1~2.5hours

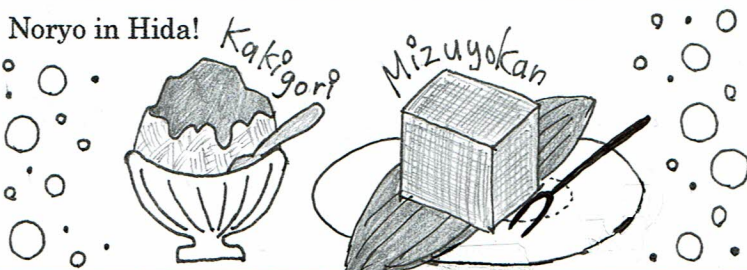


**Cycling:**

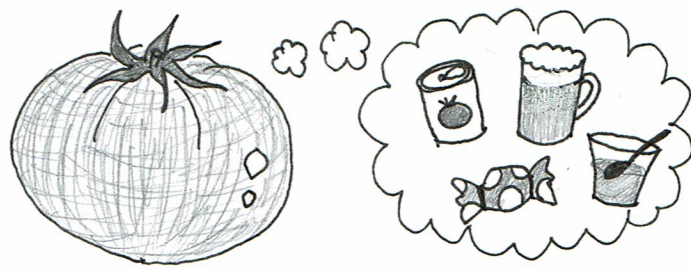
- ◆ Hida-Furukawa – 2.5~3.5 hours  
(SATOYAMA EXPERIENCE)
- ◆ Hida-Kamioka – 1~1.5hours  
Rail Mountain Bike



**NORYO** is an ingenious way of enjoying the hot and humid summer in Japan by cooling down your body using five senses. Why don't you try Noryo with some cold summer sweets and a night walk in Hida? Many shops offer various cold sweets made with local products. Kakigori is a simple yet signature summer snack, made of finely crushed ice with sweet syrup. Some confectionary shops sell Mizuyokan, a soft red bean jelly. After sunset, it is time for the summer illumination! Just walk alongside the red Nakagbashi Bridge and Enako River to end your day with a refreshed mind. Ask at the tour desk for places to enjoy Noryo in Hida!



**HIDA TOMATO** is one of the essential summer vegetables for locals and you can see them everywhere in Hida especially at the morning markets. Because of the appropriate location of Hida as a cold highland, Hida tomatoes, delivered to the neighbor areas, stay fresh with rich flavor. There are many kinds of tomato juice produced by local farms. At iCAFE TAKAYAMA, you can try Terada farm's tomato juice as well as Red Eye (mix of beer and Hida tomato juice)! You may also want to try tomato puree, tomato jelly and tomato candy. A fresh tomato with mild sourness makes your summer trip even more satisfying!



Articles & illustration: Ayaka Kawashiri

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