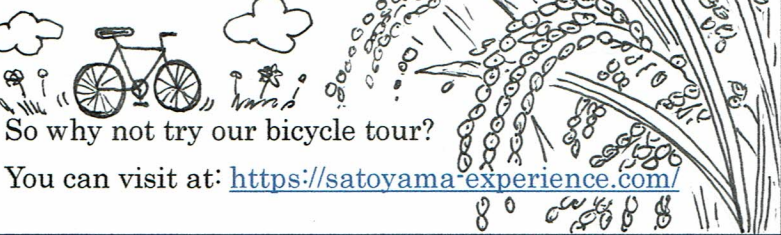


PEOPLE IN JAPAN look forward to autumn as the season of the rice harvest. In September the fields turn golden, with the plants bowing their heads in anticipation of the coming harvest. As the fields tend to be cultivated by local families, much of the harvest itself is done at weekend. The newly harvested rice (shinmai) is looked forward to as one of autumn's gourmet treats. Walking and cycling through the Hida countryside is a great way to experience the sights and rhythms of the Hida rice fields.



HIDA TAKAYAMA MACHINAMI CONCERT will take place every Saturday and Sunday in September, encompassing such genres as jazz, J-pop, rock, traditional Japanese instrumental and many more. Held in 4 different venues in the old town of Takayama, most performances are free of charge. Let the sound of music herald the start of Autumn in Hida!



Autumn is the time to taste one of the best known and loved

Hida products: *SUKUNA KABOCHA PUMPKIN*. The name of this delicacy is derived from a local legend of 1600 years ago, whereby an extraordinarily powerful being named Sukuna existed in Nyukawa area of Takayama. This creature is reputed to have had a human form, but at 50 metres in height, with 2 faces and a total of 8 limbs, Sukuna was clearly no ordinary human! Local opinion, in fact, was divided as to whether he was human, God or demon! Regardless of what he was, Sukuna is credited with helping the villagers to develop their land and their building skills; accordingly, he attained hero status amongst the grateful people and an annual festival devoted to Sukuna takes place to this day. Sukuna pumpkins are harvested from mid-August to mid-October. At around 50cm long and up to 4kg in weight, this sweet delicacy is highly nutritious, particularly rich in Vitamin E and carotene, and its sweetness makes it perfect for desserts such as pudding and ice cream. Be sure to try some during your stay in the Hida region.



SATOYAMA EXPERIENCE

Let's make the most of your Hida trip!

**CAFÉ
TAKAYAMA**

iCafeTakayama Tour Desk

(Opening Hours from 9:00am to 6:00pm)

