



# Sustainable Tourism

## Let's travel to Agricultural Heritage Systems

[Osaki region in Miyagi Prefecture, Shizuoka Wasabi Cultivating region in Shizuoka Prefecture, Lake Biwa region in Shiga Prefecture]





# What is Agricultural Heritage Systems?

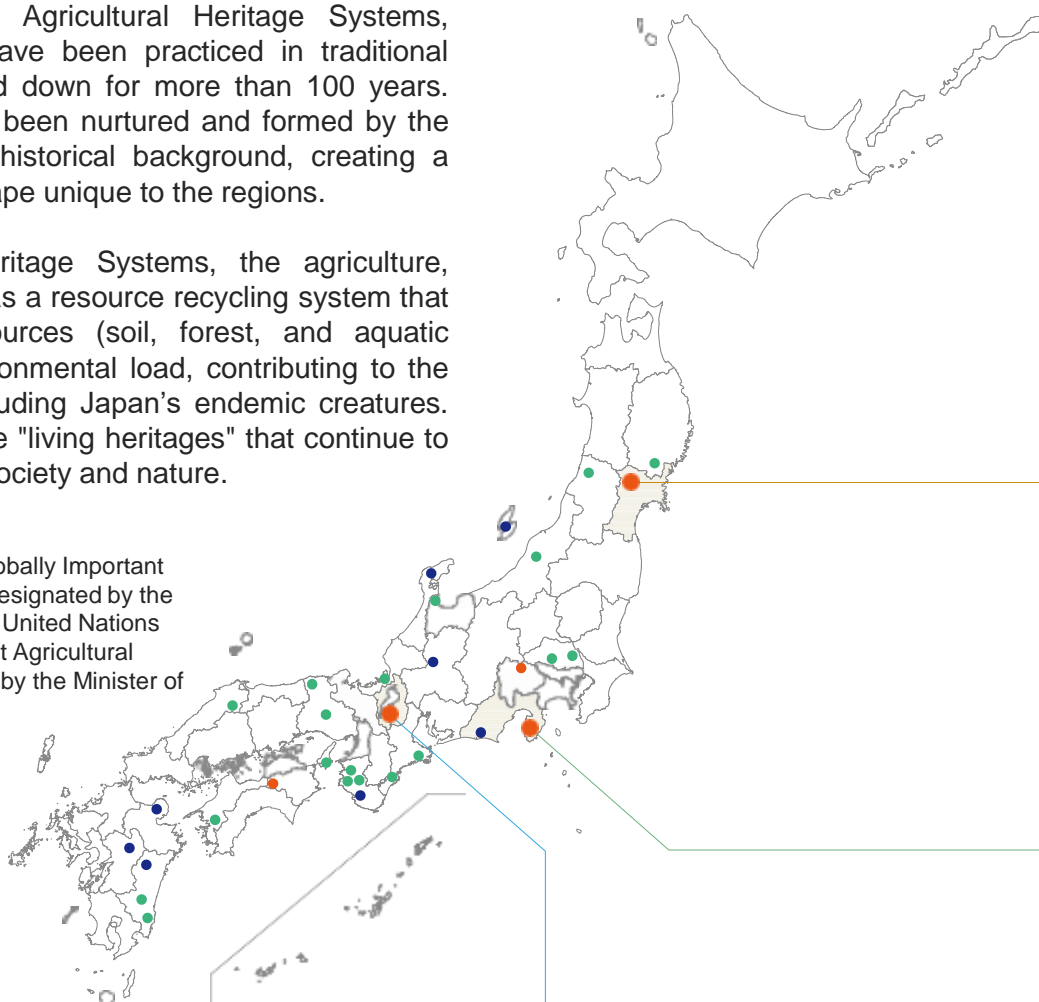
In the regions designated as Agricultural Heritage Systems, farming, forestry, and fishing have been practiced in traditional methods that have been passed down for more than 100 years. These traditional practices have been nurtured and formed by the local climate, topography, and historical background, creating a food culture, climate, and landscape unique to the regions.

Designated as Agricultural Heritage Systems, the agriculture, forestry, and fisheries industry has a resource recycling system that does not deplete natural resources (soil, forest, and aquatic resources), and has a low environmental load, contributing to the conservation of biodiversity, including Japan's endemic creatures. Agricultural Heritage Systems are "living heritages" that continue to evolve and adapt to changes in society and nature.

Agricultural Heritage Systems include Globally Important Agricultural Heritage Systems (GIAHS) designated by the Food and Agriculture Organization of the United Nations (FAO) and Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS) designated by the Minister of Agriculture, Forestry and Fisheries.

In Japan, there are 13 ● Globally Important Agricultural Heritage Systems (GIAHS) and 24 ● Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS).

● Areas designated for both  
(As of the end of March 2023)



## Biwa Lake to Land Integrated System

### Lake Biwa region in Shiga Prefecture



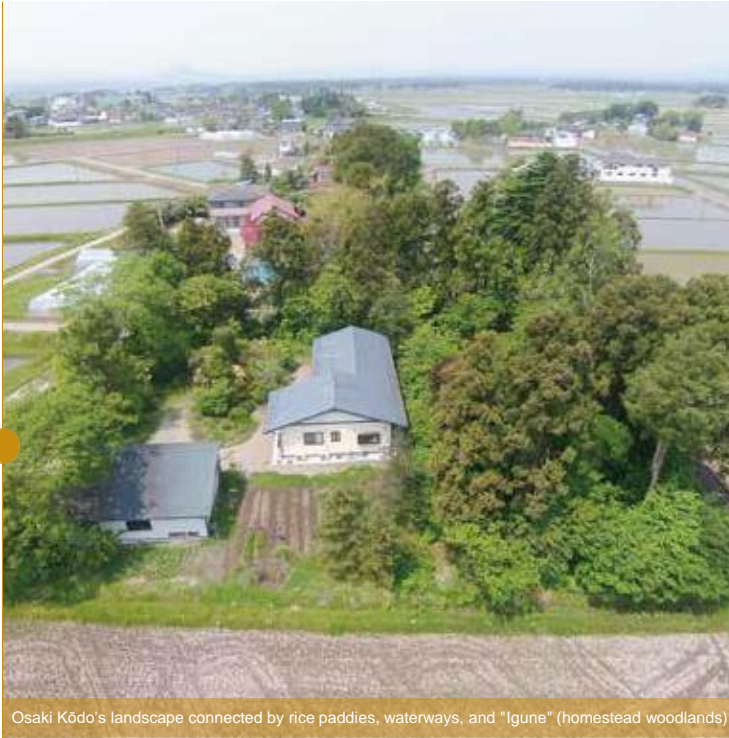
The Biwa lake to land integrated system is known as Satoumi. The system has a history of more than 1000 years of using eri fishing (small fixed-net fishing) and agricultural techniques that contribute to lake conservation, leading to a unique food culture that was passed down.

Around Lake Biwa, fishing for catching lake fish including species indigenous to Lake Biwa such as Nigoro-buna (the round crucian carp), has connected with agriculture, and created a diverse and distinctive food culture that combines lake fish with agricultural products, such as "fish and rice". Enjoy a trip in harmony with Lake Biwa, and experience fishing and farming where people's ingenuity shines through.



Traditional wait-style eri fishing (small fixed-net fishing) in the early morning haze

# ~ Introduction to three attractive areas of Agricultural Heritage Systems ~



Osaki Kōdo's landscape connected by rice paddies, waterways, and "Igune" (homestead woodlands)

## Osaki Kōdo's Traditional Water Management System for Sustainable Paddy Agriculture

### Osaki region in Miyagi Prefecture



In the Osaki region, there still remain the ingenious water management systems developed to cope with natural disasters such as cold temperature damage and flooding, and a rich wetland ecosystem blessed with diversity of flora and fauna in "Igune" (homestead woodlands) scattered in the rice paddies like forests, which creates a unique landscape.

Visitors can also enjoy the fantastic scenery of migratory birds such as roosting geese, and experience the culture of historical fermented food such as sake, miso, and soy sauce making.

Why don't you experience the scenery, culture, and nature unique to the rice-paddy farming region of Tohoku?



Freshly harvested wasabi



Terraced wasabi fields in Ikadaba

Harvesting wasabi

## Traditional wasabi cultivation in Shizuoka ~ The birthplace of wasabi tells the history of people and wasabi ~

### Shizuoka Wasabi Cultivating region in Shizuoka Prefecture



In the Shizuoka wasabi cultivating region, wasabi, an endemic species to Japan, is grown in traditional wasabi fields called "Tatamiishi style," which are created by clearing mountain streams to make terraces for wasabi cultivation. The traditional wasabi cultivation has been inherited, using nutrients contained in spring water with as little fertilizer or pesticides as possible.

Ikadaba wasabi fields, which boast one of the largest cultivation areas in the Izu region, overlook a vast array of Tatamiishi style wasabi fields and is selected as one of the 10 best terraced rice fields in Shizuoka Prefecture for the spectacular scenery.

Visitors can enjoy an outdoor trip with a guided cycling tour by e-Bike, wasabi harvesting and making wasabi pickles, and other experiences.





# Enjoy a sustainable journey to the Globally Important Agricultural Heritage Systems (GIAHS) and the Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS)

## Osaki region in Miyagi Prefecture

In the Osaki region, there are spots associated with Lord Date Masamune. "Uchikawa," a registered World Heritage Irrigation Structures, "Former Yubikan and its Garden," an officially designated historical site, and a studio surrounded by the "Igune" (homestead woodlands) are all examples of this region's history.

Enjoy the history and agricultural culture of the Osaki region to your heart's content, through farming experience, interacting with creatures that inhabit the fields, visiting breweries leading you into the traditional culture of fermentation of sake, miso, and soy sauce, and dishes using vegetables grown on the Osaki Kōdo.

Day 1

Furukawa Station



About 30 minutes



### Former Yubikan and Garden

It is designated as a national historic and beautiful site. Visitors can enjoy the sounds of the abundant water flow of the "Uchikawa River" and the various seasonal landscapes.

Open hours: 9:00 AM-5:00 PM  
Closed: December 29 to January 3, Mondays (the following day if it is a national holiday)  
Address: 6 Kamikawara-machi, Iwadeyama, Osaki City  
Tel: 0229-72-1344



A journey to explore the agriculture and culture that inherits the history of Osaki Kōdo



### Uchikawa

This is a historic agricultural irrigation canal that was excavated about 400 years ago by order of Lord Date Masamune to serve as the outer moat of Iwadeyama Castle. Along the river, there are high cliffs reminiscent of castle ruins, and the tranquil view of the "Former Yubikan and Garden" on the other side, which makes a valuable World Heritage Irrigation Structures site with a sense of history.



About 10 minutes



### Stroll along the Uchikawa promenade

The Iwadeyama area, where Lord Date Masamune lived as a young man and which was developed as a castle town, is also known as "Date's Little Kyoto." It gives the atmosphere of a castle town, and near the beautifully maintained promenade, there is a Bamboo Craft Museum where visitors can experience the traditional craft of "Iwadeyama's Shino bamboo work," cafes, and confectionery shops, allowing you to take a leisurely stroll through the town.



### Lunch with rice and vegetables grown on Osaki Kodo

How about homemade meals and sweets such as cookies made with local vegetables and frozen tofu, while enjoying the view of the Uchikawa River?



About 10 minutes

### [Uchikawano Hotoricafe]

Open days: Friday to Sunday  
\*Monday is open only on national holidays  
Open hours: 11:00 AM-5:00 PM  
Address: 24-3 Higashikawara, Iwadeyama, Osaki City  
Tel: 080-1685-6776



### Visit the kominka (traditional Japanese house) gallery in Igune

Relax in the space surrounded by "Igune," a landscape unique to this region.



About 15 minutes

### [Kominka Gallery "omoya"]

Open days: Fridays, Saturdays, and Mondays from June to October  
Open hours: 11:00 AM-4:00 PM  
Address: 134 Okigahara, Shimonome, Iwadeyama, Osaki City  
Tel: 090-1792-5996



### a la Datena Michinoeki

Enjoy fresh vegetables and fruits harvested in the Agricultural Heritage Systems areas, and specialties as souvenirs at the roadside station, which attracts more than 3 million visitors annually.



About 30 minutes

Open hours:  
April to November 9:00 AM-6:00 PM  
December to March 9:00 AM-5:00 PM  
Closed: Open year around  
Address: 4-1 Shimomiya Michishita, Iketsuki, Iwadeyama, Osaki City  
Tel: 0229-73-2236



### Stay at Naruko Hot Spring Village

It is one of the leading hot spring resorts in the Tohoku region, with 7 of 10 spring types found in Japan. This hot spring resort is famous for its self-catering hot spring cure using local foodstuffs, based on the hot spring cure culture, relieving the fatigue of daily life.

### [Yamafutokoro no Yado Miyama]

Open hours:  
Check-in: 3:00 PM-7:00 PM  
Check-out: 11:00 AM  
Address: 91 Yogai, Naruko Onsen, Osaki City  
Tel: 0229-84-7641



Day 2



### Seasonal farming experience

Spend a special time and learn something that you would not normally experience, through farming experience such as harvesting rice and interacting with living creatures, where visitors can experience the production and supply of rich agricultural products supported by skillful water management.

### [Taberu Field Museum]

The website of Osaki Region Committee for the Promotion of Globally Important Agricultural Heritage Systems (GIAHS) introduces seasonal farming experience in the Osaki region (Osaki City, Kami Town, Shikama Town, Wakuya Town and Misato Town).



### Tomato harvesting and lunch with Italian dishes using tomatoes

Experience the harvest of delicious tomatoes and sweet cherry tomatoes with a perfect balance of fruity sweetness and sourness. After that, why not enjoy an Italian lunch of freshly picked tomatoes?



About 20 minutes

### [Delicious Farm]

Cafe open hours: 11:00 AM-2:00 PM  
Time required: About 1 hour and 30 minutes (reservations required for harvesting experience)  
Closed: Open year around (except during the year-end and New Year holidays)  
Address: 1 Kimazuka Furudate, Kashimadai, Osaki City  
Tel: 0229-56-3578



### Visiting a Miso and Soy Sauce Brewery

Established in 1830, it is the oldest miso and soy sauce brewery in Osaki Kodo. This brewery focuses on soybeans and wheat produced in Miyagi Prefecture. Visitors can learn about today's SDGs initiatives from the background of the region's historical fermented food culture.



About 15 minutes

### [Kamata Soy Sauce]

Open hours: 9:00 AM-5:00 PM  
Time required: About 1 hour (reservations required)  
Closed: Saturdays, Sundays, and public holidays  
Address: 3 Koya Kitaura, Misato-cho, Toda-gun  
Tel: 0229-34-2021



Furukawa Station

Learn more about Agricultural Heritage Systems! Recommended Experience

### Roosting geese

Kabukurinuma Pond is visited by 100,000 migratory birds, including white-fronted geese, from autumn to winter. It is also a wetland of the Ramsar Sites, and a fantastic sight can be seen in the early morning and evening.

[Kabukuri Numakko Club (nature guide)]  
Acceptance period: October to mid-February  
Tel: 0229-38-1401



### Brewery tour

Visitors can learn about the "handmade" sake production process using traditional fermentation techniques with explanations, while touring the dedicated pathway.

[Ichinokura]  
Open hours: 9:30 AM-4:00 PM  
Time required: About 1 hour (reservations required)  
Closed: Saturdays, Sundays, and public holidays  
Address: 14 Okeyaki, Matsuyama Sengoku, Osaki City  
Tel: 0229-55-3322



# Enjoy a sustainable journey to the Globally Important Agricultural Heritage Systems (GIAHS) and the Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS)

## Shizuoka Wasabi Cultivating region in Shizuoka Prefecture

Enjoy an active trip to wasabi fields in Izu!

"Joren Falls," one of the 100 best waterfalls in Japan, offers a view of wasabi fields next to the waterfall basin. Visitors can enjoy "Wasabi-don," a bowl of rice topped with fresh wasabi, wasabi harvesting, and making wasabi pickles, as well as cooking camp meals using local specialties of shiitake mushrooms and fresh wasabi in a bungalow. The e-Bike Wasabi Field Tour is a guided tour of Izu satoyama landscapes and large-scale wasabi fields. Enjoy an active journey in the great nature.

### Day 1

#### Shuzenji Station



About 30 minutes



#### Visit Joren Falls and wasabi fields

Joren Falls, one of the top 100 waterfalls in Japan, is a representative waterfall in Izu, located in the upper reaches of the Kano River. The waterfall 7 meters wide drops from basalt cliffs 25 meters high amid thick trees. Along the mountain stream, visitors can see the up-close scenery of wasabi cultivation using spring water from under the falls.

#### [Joren Falls Tourism Center]

Open hours: 8:30 AM-4:30 PM  
Closed: Tuesdays (Wednesday if Tuesday is a public holiday)  
Address: 892-14 Yugashima, Izu City  
Tel: 0558-85-1125



About 10 minutes



#### Lunch with wasabi dishes

How about a "Wasabi-don set meal" for lunch, where you can directly taste the aroma and flavor of wasabi.

#### [Amagochiya Amagi-yugashima]

Open hours: 11:00 AM-3:00 PM  
Closed: Wednesdays (open during the tourist season)  
Address: 540-1 Ichiyama, Izu City  
Tel: 0558-85-2016



About 30 minutes



#### Making wasabi pickles and tour of Sekitei Wasabien

Visitors can enjoy "wasabi harvesting" and "making wasabi pickles" while viewing "Sekitei Wasabien" that the owner of "Omiya" spent five years to create by himself, as well as seasonal flowers, trees, and wasabi fields.

#### [Wasabi no Omiya]

Wasabi harvesting: May to early July  
Making wasabi pickles: January to early November  
Visiting Sekitei Wasabien: Year-round  
Open hours: 9:00 AM-4:00 PM Closed: Wednesdays  
Address: 1242 Jizodo, Izu City Tel: 0558-83-2900



About 10 minutes



#### Agricultural Products Market Kitara

Fresh vegetables delivered every morning from nearby farmers, local specialties such as fresh wasabi and shiitake mushrooms, and thick omi-tofu made from 100% Fukuyutaka soybeans produced in Izu City are available.

#### [Ominosato Kitara]

Open hours: 9:00 AM-4:00 PM  
Closed: Open year around, temporary closure during the year-end and New Year holidays  
Address: 252-1 Yanase, Izu City  
Tel: 0558-83-2636



About 10 minutes



#### Making dinner and lodging in the campsite

Stay in a bungalow with a fire space and enjoy cooking dinner with fresh wasabi and shiitake mushrooms in the great outdoors.

#### [RECAMP Nakaizu]

Open hours:  
Check-in: 1:00 PM  
Check-out: 10:00 AM  
Address: 776-1 Jizodo, Izu City  
Tel: 0558-83-2654



About 15 minutes



#### Enjoy a day use hot spring

Hot-spring hotel with 100% fresh hot spring water. (Relax and warm yourself in the hot spring water that gently moisturizes your skin)

#### [Jindainoyu day-use hot spring inn]

Open hours:  
11:00 AM-6:00 PM (reception closed)  
Closing at 8:00 PM  
Address: 367-15 Umeki, Izu City  
Tel: 0558-83-5388



### Day 2



## E-Bike Guided Tour "Nakaizu Satoyama Nature Walk"



#### Meet at the store in front of Shuzenji Station

Meet at "Crank BASE" in front of Shuzenji Station at 10:30 AM and give a briefing about e-Bike and fitting session.

#### [Crank BASE]

Open period: Year-round  
Open hours: 11:00 AM-3:00 PM  
Closed: Wednesdays and Thursdays  
(Tours are negotiable)  
Address: 1F Nakata Building, 633-9 Kashiwakubo, Izu City  
Tel: 0558-79-3875



#### Viewing wasabi fields Cycling

Experienced guides will explain about the history of wasabi production and provide information unique to the region, while visitors pass by hot spring stands in the Warabo area, Kisobosui Shrine that enshrines water essential for wasabi production, and wasabi fields spreading out in the mountains. The large "Tatamiishi style" wasabi fields that suddenly appear in the mountains are a spectacular sight.



#### Ikadaba Koarashi Bridge (Wasabi fields)

This is the birthplace of the Tatamiishi-style cultivation of "Traditional wasabi cultivation in Shizuoka," which is designated as Agricultural Heritage Systems. The beautiful expanse of scenery filled with the wisdom of our predecessors is a must-see.



#### Tour to Banjo Falls

Visitors can descend so close to the waterfall that you can feel the spray, and feel the power of the waterfall up close. There are a lot of wasabi fields in the upper reaches of the waterfall. This is a spot where visitors can understand the importance of "water" essential for wasabi production.

#### Shuzenji Station

### Learn more about Agricultural Heritage Systems! Recommended Experience



#### Trekking

From Banjo Falls, a famous waterfall in Nakaizu, to the Kobisawara Primeval Forest at the northern foot of Mt. Amagi. Along the way, visitors will find the unique wasabi stream in Nakaizu, where beautiful white wasabi flowers can be seen in March.

#### [Amagi Nature Guide Club]

Course: Kobisawara Primeval Forest  
"Giant Trees and Amagi Trees Museum" Open period:  
Year-round  
Address: 176-2 Izu City Tourist Association Amagi Branch, Yugashima, Izu City  
Tel: 0558-85-1056



#### Canyoning

A canyoning tour upstream of Banjo Falls, a famous waterfall with an abundant water source in Mt. Amagi, offers a full-scale canyoning experience including sliding, jumping, and rappelling.

#### [Adventure Support]

Course: BANJO Canyon  
Open period: April to October  
Address: Dot Tree Shuzenji PJ-G, 75 Shuzenji, Izu City  
Tel: 0558-99-9105





# Enjoy a sustainable journey to the Globally Important Agricultural Heritage Systems (GIAHS) and the Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS)

## Lake Biwa region in Shiga Prefecture

Why not embark on a journey where you can experience the fishing and agriculture of the Lake Biwa region and its traditional way of life? In addition to eri fishing, a traditional fishing method in Lake Biwa, visitors can enjoy the history and culture of the Lake, by making tsukudani (fish boiled in soy sauce), trying local cuisine that uses lake fish, and viewing beautiful sunsets on "Okishima island," the only inhabited island on Japan's freshwater lakes. In Ryuo, which is said to be the birthplace of Omi beef, visitors can try farming of vegetables and fruits, and enjoy BBQ with the harvested crops.

Experience the precious ecosystem and history of people's ingenuity through a journey to Lake Biwa.

### Day 1



### Trip to experience the traditional people-and-nature-friendly lifestyle of Lake Biwa



#### Otsu Station



About 40 minutes



#### See Roadside station Aguri Park Ryuo

Visitors can harvest seasonal strawberries, cherries, and other fruits grown in the rich soil and Lake Biwa water, as well as farming experiences such as potato digging or rice growing/rice planting and harvesting. For lunch, how about having a BBQ with the harvested ingredients, or a meal of Omi beef and Omi rice?

#### Interactive Agricultural Park Roadside Station Aguri Park Ryuo

Open period: Year-round Operating hours: 9:00 AM-5:00 PM  
Closed: Mondays (Tuesday if Monday is a public holiday)  
Address: 6526 Yamanoue, Ryuo-cho, Gamo-gun Tel: 0748-57-1311



About 45 minutes



#### Visit Lake Biwa Museum

Following the theme of "lake and people," this is a hands-on museum where visitors can learn about the history of Lake Biwa and the relationship between people and living creatures. Visitors can learn about the history and culture of Lake Biwa, including the ingenuity of the people who have lived in harmony with the lake, its creatures, and the ecological changes caused by changes in the environment.

#### [Lake Biwa Museum]

Open hours: 9:30 AM-5:00 PM (Last admission at 4:00 PM)  
Closed: Mondays (open on holidays) and other temporary closures  
Address: 1091 Oroshimo-cho, Kusatsu City Tel: 077-568-4811



### Day 2



About 50 minutes

#### Horikiri Port



About 10 minutes

#### Okishima Port



About 5 minutes



#### Stay at Kojoso

The first fisherman's guesthouse in Shiga Prefecture. Savor dishes made from lake fish caught freshly by local fishermen and view the spectacular sunset from the inn facing Lake Biwa.

#### [Fisherman's Guest House Kojoso]

Operating days: Please inquire for reservations  
(Meals only available)  
Address: 167 Okishima-cho, Omihachiman City  
Tel: 0748-33-9639



#### Walking around Okishima Island

Okishima is the only inhabited island in Japan's freshwater lakes. Why not spend some relaxing island time in a nostalgic atmosphere? Enjoy walking along the lakeside, visiting the Benzaiten shrine, and viewing the sceneries on the east side of the lake from the mountains of Okishima, including the Hira Mountain ranges and the reclaimed land of Dainakanoko.



#### Make Tsukudani

At the Kotobukinokai run by the mothers in Okishima, visitors can cook Shiga's specialties, boiled shrimp and soy beans, and cooked sweetfish with Japanese pepper.

#### [Okishima Fisheries Cooperative's Women's Group "Kotobukinokai"]

Open period: Months other than April and July  
Experience time: 10:00 AM-11:00 AM  
Date: Consultation required  
Address: 43 Okishima-cho, Omihachiman City  
Tel: 0748-47-8787



About 1 minutes

#### Okishima Port



About 10 minutes

#### Horikiri Port



About 25 minutes



#### Lunch of lake fish dishes

Enjoy dishes such as sandwiches and hamburgers made with lake fish (take-out available). How about small fish tsukudani or funa-zushi (fermented fish sushi) as gifts?

#### [Biwako Daughters]

Operating hours: 10:00 AM-5:00 PM  
(Lake Biwa Party) 6:30 PM-9:00 PM  
[Heartfelt fishing] 5:30 AM-7:30 AM  
\*Lake Biwa party and heartfelt fishing are on reservation basis.  
Closed: Wednesdays  
Address: 230 Ayame, Yasu City, Shiga Prefecture  
Tel: 077-532-7779



About 35 minutes



#### Fishing experience

Experience the traditional fishing methods of Lake Biwa such as "eri fishing." Visitors can try Lake Biwa's diverse fishing methods of Lake Biwa, observe actual fishing operations, learn about fish, and experience life on Lake Biwa from a fisherman's perspective. Visitors can take home the fish they catch as a gift.

#### [Fisher Architect]

Open period: February to August  
Meeting place: Wani Fishing Port  
Experience time: 2:00 PM-4:00 PM  
Date: Wednesdays and Saturdays  
Address: 944 Hachiyado, Otsu City, Shiga Prefecture  
Tel: 080-3862-1380



About 45 minutes

#### Otsu Station

### Learn more about Agricultural Heritage Systems! Recommended Experience



#### Fish cradle paddy

The community unites to manage the vast farmland with seven fishways. Visitors can spend time nurturing their attachment to the community and appreciating their children's interactions with living creatures.

#### [Kurimidazaiko-cho Fish Cradle Paddy Council]

Open period: June Date: Inquiries required  
Address: 310 Kurimidazaiko-cho, Higashiomori City  
Tel: 0748-45-0603



An environment has been created not only for biodiversity efforts, but also to be used as a place for community interactions, where people can live in harmony with nature.

#### Seseragi no Sato

Open period: May-September Date: Inquiries required  
Address: 219 Suwara, Yasu City  
Tel: 090-9214-0055



#### Sea kayak

Children who are elementary school students or older can enjoy kayaking on Lake Biwa.

#### [BSC Watersports Centre]

Open period: April to November Time required: 60 minutes  
Program:  
Meet at 11:00 AM 11:30 AM-12:30 PM  
Meet at 1:00 pm 1:30 PM-2:30 PM  
Address: 4-1 Minamifunaji, Otsu City  
Tel: 077-592-0127

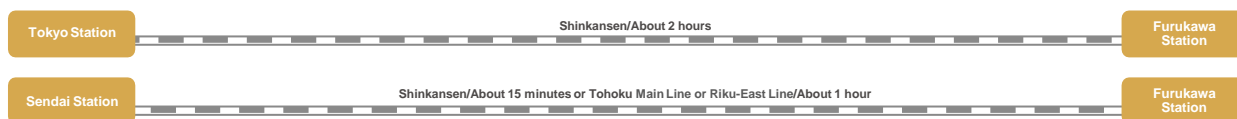


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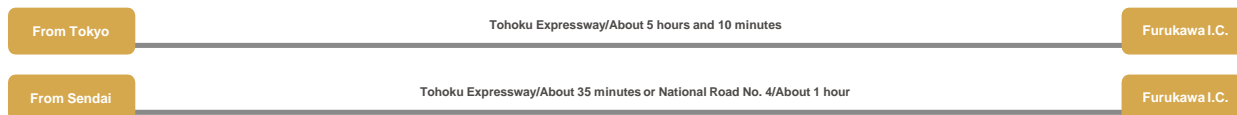
### Osaki region in Miyagi Prefecture



By train



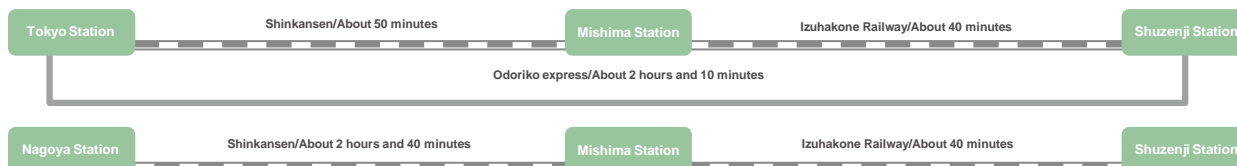
By car



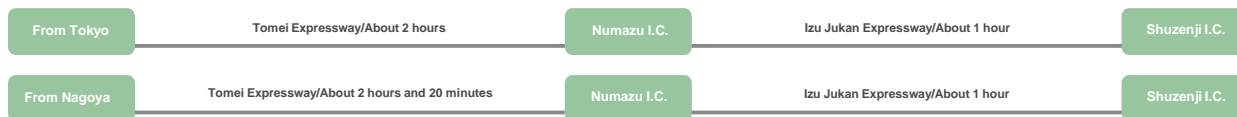
### Shizuoka Wasabi Cultivating region in Shizuoka Prefecture



By train



By car ♦ Please note that Izu Jukan Expressway may be congested on weekends and during cherry blossom viewing season.



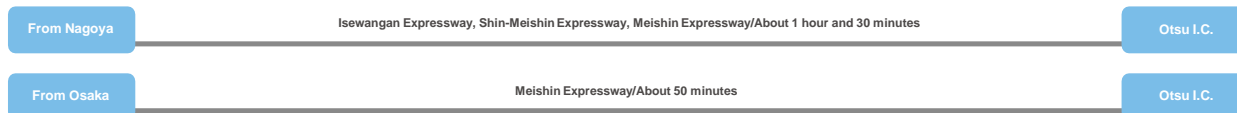
### Lake Biwa region in Shiga Prefecture



By train



By car



## INFORMATION Links are in Japanese only

### Osaki region in Miyagi Prefecture



Miyagi-Osaki Tourism Bureau



Nanaku Spa Tourist Association Official Website

### Shizuoka Wasabi Cultivating region in Shizuoka Prefecture



Official Izu Travel Guide



Izu City Tourist Information

### Lake Biwa region in Shiga Prefecture



Shiga Rhythm/Biwako Visitors Bureau



Biwako Otsu Tourism Association



Okishima Remote Island Development Council

Information about Globally Important Agricultural Heritage Systems (GIAHS) and Japanese Nationally Important Agricultural Heritage Systems (J-NIAHS) is also found on the website of the Ministry of Agriculture, Forestry and Fisheries (MAFF).  
<https://www.maff.go.jp/j/nousin/kantai/index.html>



Click here for tourist information about Agricultural Heritage Systems  
[https://www.maff.go.jp/j/nousin/kantai/giahs\\_7/index.html](https://www.maff.go.jp/j/nousin/kantai/giahs_7/index.html)



Publisher/contact

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