

Restaurants That Allow You to Appreciate Globally Important Agricultural Heritage Systems (GIAHS)

In Nishi-Awa's mountainous region lies a village situated halfway up a steep mountain. The mountains, fields, stonework, koeguro (similar in appearance to a hay stack), and houses all seem to blend together into an image that evokes a nostalgic feeling of one's childhood. For more than 400 years people have continued to till the slanted land using farming methods that were passed down from generation to generation. Please make sure to try some of these delicacies grown in the midst of a harsh nature.

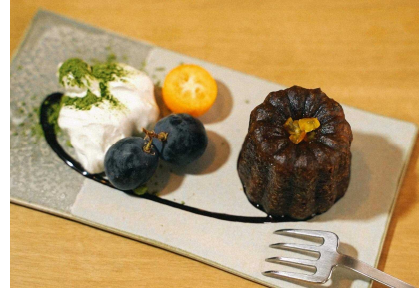
Farmhouse Restaurant Fuwari



Fuwari is a restaurant located in Fuchimyo Hamlet. You can enjoy some fresh vegetables while gazing out at the slanted landscape. Spend some time relaxing and enjoying the village's breeze.

Address: 307, Fuchimyo, Kuchiyama, Anabukicho, Mima City.
Telephone: 0883-56-0725 (Japanese Only)
Closed: Tuesday
Business Hours: 11:30 - 14:30

ruche CAHOA



Ruche CAHOA is a stylish cafe located in Anabukicho, Mima City. You can enjoy the warm atmosphere while you talk with friends and family. We recommend trying the canelé which uses tea leaves from Fuchimyo. It's a dish with just the right amount of sweetness and a refreshing tea flavor.

Address: 11-1, Fujiwara, Anabuki, Anabukicho, Mima City.
Telephone: 090-9453-1442 (Japanese Only) Closed: Sunday & Monday
Business Hours: 11:30 - 17:00

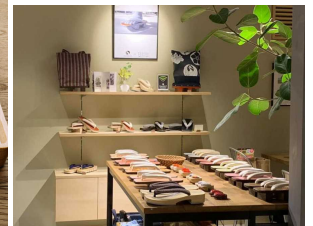
Link Point SAIRAI



Link Point SAIRAI is a café and dining bar quietly nestled in an alley near the Odeon Za Theatre in Wakimachi, Mima City. Here you can enjoy vegetables harvested in Nishi-Awa as well as dishes made using grains from the Nishi-Awa Steep Slope Land Agriculture System.

Address: 140-2, Nishibun, Inoshiri, Wakimachi, Mima City
Telephone: 0883-53-9990 (Japanese Only)
Closed: Sunday
Business Hours: 11:00 - 14:00 & 19:00 - 24:00

Mikamo Café



At the Mikamo Café paulownia geta (clogs), a specialty of Higashimiyoshicho, are displayed and sold. The gorgeous geta are used to decorate the café. The café also uses fresh vegetables bought directly from farmers.

Address: 3214-1, Kamo, Higashimiyoshicho
Telephone: 0883-87-8811 (Japanese Only)
Closed: Tuesday
Business Hours: 9:00 - 17:00, Saturdays 9:00 - 21:00

Roadside Station Sadamitsu Yuyukan



One especially popular dish at this restaurant is the "Tsurugi five grain bread", which is made from grains such as millet and naked barley that were harvested from the Tsurugi slopes. The restaurant also offers a "bread lunch plate" which, in addition to the Tsurugi five grain bread, also features yuzu (a citrus fruit) and awa odori chicken which are raised in the area.

Address: 11-1, osuga, Sadamitsu, Tsurugicho, Mima County.

Telephone: 0883-62-5000 (Japanese Only)

Closed: Wednesday

Business Hours: 11:00 - 18:00

Tsurugi Inn Iwato



On weekends and holidays you can enjoy the "local cuisine buffet" which features vegetables harvested from the Tsurugi slope village.

Address: 6-9, Akamatu, Ichu, Tsurugicho, Mima County.

Telephone: 0883-67-2826 (Japanese Only)

Closed: Tuesday

Business Hours: 11:00 - 14:00 (Lunch Time)

※ The local cuisine buffet is only offered on weekends and holidays from April to November. It is not available from December to March.

Minshuku Uribo



Minshuku Uribo is an inn run by a hunter. The owner, Kinoshita-san, cuts and processes the meat himself. You can rest assured that the food is fresh and delicious. Here you can enjoy dishes that utilize fresh meat and vegetables harvested from the sloping fields.

Address: 29, Uchino, Higashiyama, Higashi Miyoshi Town.

Telephone: 090-4338-2985 (Japanese Only)

※ Reservation Required, Only Lunch is Available



Instagram

Life in a sloping village: Check out our pictures on Instagram!



Follow Us!!

nishiawa_giahs



NISHIAWA_GIAHS



Tokushima-Tsurugi GIAHS Promotion Association 【Secretariat】

Tsurugi Town Hall Commerce and Tourism Division

TEL : 0883-62-3111 (Representative, Japanese Only)

FAX : 0883-62-4944 (Japanese Only)

Email : syoukou@tsurugi.i-tokushima.jp

Click here for information on World Agricultural Heritage →



Tokushima Prefectural Government West District Administration Bureau
Agriculture, Forestry and Fisheries Department

TEL : 0883-53-2271 (Japanese Only)

※ If you would like to introduce a restaurant, please contact Tokushima-Tsurugi GIAHS Promotion Association.