

See. Feel. Experience.

Regional Event Guide for Three Cities Spanning Prefectural Borders

Shikoku Mannaka Sightseeing Map

Village of Green Miyoshi City, Tokushima

The Top Paper Town in Japan

Shikokuchuo-City, Ehime

A Nostalgic Town KAN-ONJI CITY, Kagawa

四国まんなか交流協議会

Access Map



● Car (by expressway)

From Ito to Takamatsu to Okiwa
Kotohira Road (National Route 312) → Arima Expressway (approx. 70 min)
Takamatsu Expressway (approx. 30 min) → KAN-ONJI CITY (approx. 25 min)
Nishio Expressway (approx. 10 min) → Shikokuchuo-City (approx. 60 min)

From the Prefectural Office
Miyoshi City → Arima Expressway (approx. 70 min)
Shikokuchuo-City → Arima Expressway (approx. 45 min)
Shikokuchuo-City → KAN-ONJI CITY (approx. 25 min)
Shikokuchuo-City → Arima Expressway (approx. 70 min)

From the Prefectural Office
Miyoshi City → Arima Expressway (approx. 70 min)
Shikokuchuo-City → Arima Expressway (approx. 45 min)
Shikokuchuo-City → KAN-ONJI CITY (approx. 25 min)
Shikokuchuo-City → Arima Expressway (approx. 70 min)

● JR
Takamatsu Station → Arima Station (approx. 70 min)
Takamatsu Station → KAN-ONJI CITY (approx. 45 min)
Takamatsu Station → Shikokuchuo-City (approx. 60 min)

For inquiries about Shikoku Mannaka Sightseeing Map Access Map

Shikokuchuo-City
Department of Tourism Traffic Division
https://www.city.shikokuchuo-city.jp
4-5-50 Minamiyagawa, Shikokuchuo-City, Ehime 799-0197
TEL 0899-28-1167 FAX 0899-28-4242

KAN-ONJI CITY
Economic Department, Commerce and Tourism Division
https://www.city.kan-onji-kagawa.jp
1-1-1 Shimonishi, KAN-ONJI CITY, Kagawa 768-0001
TEL 0875-22-3333 FAX 0875-22-3343

Miyoshi City
Department of Tourism Strategy Division
https://www.miyoshi-tokushima.jp
1-2-45 Michi, Miyoshi City, Tokushima 778-0002
TEL 0863-72-7020 FAX 0863-72-4203

Cuisine

Miyoshi City Iya Soba Noodles

Big differences in day and night temperatures make the Iya region perfect for growing and harvesting buckwheat. Just as in the Iya Flour Grinding Folk Dance, stone mills have been used in the Iya region to grind buckwheat since antiquity. This soba is made without a thickener, so the noodles are short and thick, with a simple flavor that warms you to the core. The native Iya buckwheat has a great aroma and an excellent reputation. Buckwheat soba can be eaten at famous soba shops in the city, and also makes a popular souvenir.



KAN-ONJI CITY

Sanuki Udon Noodles



Wheat flour, salt, soy sauce, and "Iriko" (dried anchovy bouillon)—the ingredients for udon—have been Kagawa specialties since the olden days. In particular, the main breeding grounds for "Iriko" (dried anchovy bouillon) are around Ibuki Island near KAN-ONJI CITY, and the anchovies from this area are branded as Ibuki Iriko. The combination of the chewy, springy textured udon, with the savory anchovy broth, produces a premium bowl of udon noodles. There are more than thirty udon shops in town, each with their unique take on the simple bowl of udon, so try to find your favorite!

Shikokuchuo City

Doi Imotaki Hotpot



Imotaki is the flavor of fall in Ehime prefecture. The taro yam used in imotaki (a kind of hot pot) is a Shikokuchuo-City's specialty. In Shikokuchuo-City, where a regional gale known as the Yamaji wind blows, the cultivation of wind-hardy yams spread, especially the Iyo Bijin, a tender yet sticky and savory yam. Imotaki made with chicken broth and locally produced taro is a must-try. Discovering the different kinds of imotaki in shops around town is one way to have fun.

Souvenirs

Miyoshi City

Miyoshi's Selection

The abundance of nature in Miyoshi means all kinds of delicious produce, including sake, Iya soba, soba rice porridge, sweetfish, and trout. Find a wide selection of the best of Miyoshi's food and craft items at Miyoshi's Selection store. The simple, nostalgic gift sets are highly recommended as gifts. Enjoy all the delicious food Miyoshi has to offer.



KAN-ONJI CITY

Japanese Sweets

There are multiple sweet shops in the town, offering diverse items from sweet manju and "Ebi Senbei" (crispy shrimp senbei crackers), to beautiful colored o-iri balls, used by the Japanese in celebrations. There is a variety of flavors, such as the rich Ebi Senbei made of a whole cooked fresh shrimp. Colorful o-iri balls made using mochi rice are given as small gifts for guests at weddings. They are approximately 1 cm in diameter and a delight to the eye in colors such as peach, white and green.



Shikokuchuo City

Shingu Tea

Located at a high altitude, the town of Shingu has misty mornings and evenings, large differences between day and night temperatures, and pristine water and air. The town's soil also contains high amounts of greensand, which helps enhance the flavor of the tea. Bringing all these elements together, pesticide-free Shingu tea is richly fragrant and has a beautiful savory flavor. Taro to try here include not only sencha leaf tea, but roasted green tea, Japanese black tea, and more. Recently, cold brew tea has also enjoyed a rise in popularity.



Sightseeing Spots

Miyoshi City

Ikeda Awaodori dance



Awaodori is the Tokushima prefecture's premier summer dance event. Tokushima City Awaodori is famous throughout Japan as the largest dance festival in the prefecture, but local Awaodori events exist throughout Tokushima. In the city of Miyoshi, the Ikeda Awaodori is held for three days from August 14 to 16, when dancers and tourists heat the already hot summer. The Ikeda Awaodori Eve Festival is held on the night of the 13th by Miyoshi City Tourism Association.



KAN-ONJI CITY

Takaya Shrine

This historic shrine is recorded in the Englishiki, a book of laws and customs compiled in the Heian period. The main shrine sits atop Mt. Inazumi at an altitude of 404 meters and is also known as Inazumi Shrine or Inazumi San. The temple atop the shrine overlooks panoramic views of KAN-ONJI CITY and the beautiful Seto Inland sea from the shrine on the summit, and its torii gate, also known as the "torii gate in the sky", was added to the 88 Sights of Shikoku in 2018. Nature is abundant here, and you may be lucky enough to see a wild rabbit as you climb from the shrine in the foothills up the mountain path and stone steps toward the main shrine.

Shikokuchuo City

Manabe Residence

As Ehime prefecture's oldest townhouse, not only is Manabe House historic, but renowned for its architecture, and was designated a national cultural treasure in 1970. Take a tour of the townhouse, where thick earthen walls constructed between pillars and the original layout remain. Growing close by is the Omo-zakura cherry tree, which, at 400 to 500 years old, is almost the same age as the Manabe Residence. In 2019, the traditional thatched roof was replaced for the first time in 40 years. 2030-2 Yamada, Kineicho, Shikokuchuo-City



Miyoshi City

Ochiai Village

This village spans a difference in elevation of approximately 390 meters and a look-out point across the way offering panoramic views. This settlement, with its traditional homes, stone walls, and fields, evokes scenes of a bygone Japan. The area is also a nationally designated preservation site for important historical buildings.

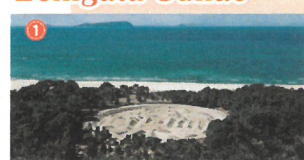
Shikokuchuo City

Tomisato Valley

Stretching for 6 kilometers along the upper reaches of the Dozan River, this scenic valley lets visitors enjoy all that nature has to offer with fishing in the cool breezes of summer, red and yellow leaves of fall, and snowy landscapes in winter.

KAN-ONJI CITY

Zenigata Sunae



This kido-era coin, also known as Kanei Tsuho, is a symbol of KAN-ONJI CITY. It's drawn in white sand in Kotohiki park, a national scenic spot. This enormous sand picture runs 122m east-to-west, 90m from north-to-south and 345m in diameter, and is said to have been made in a single night to welcome feudal lords in 1633. Legend says that all those who see this live a long and healthy life and never lack money. Enjoy views of the Seto Inland sea along with the Zenigata Sunae sand sculpture from the lookout point inside the park.

Shikokuchuo City

Sankakuji Temple

This is the 65th site on the Shikoku 88 Pilgrimage, and the last stop in Ehime prefecture. The eleven-faced image of Kanon in the main hall is a prefectural cultural property believed to bring safe birth and ward off evil. According to temple legend, Gvoki (a Buddhist priest) established the temple at the behest of the Emperor Shomu. When Kukai (Kobo Daishi), a Buddhist visionary, he carved the Kanon statue along with a triangular home mandala, then performed mystic rituals for 21 days. The current structure was rebuilt in 1849. 75 Sankakuji, Kanadacho, Shikokuchuo-City



Miyoshi City

Iya Vine Bridge

Made of vines that could be chopped down to escape pursuers, legend has it that the original bridge builders were of the Teira (Ileiko) clan. As one of the top three strangest bridges in Japan, this bridge has also been nationally designated as an Important Tangible Folk Cultural Property and is rebuilt every three years. At 45 meters long and 14 meters wide, this bridge, which was once the only means of traversing the deep gorge, is a thrill to cross. The nearby Iwa Falls are also linked to the Heike clan, helping visitors to feel the long history of this place.



This was the first multi-arch concrete dam completed in Japan, and today its weathered surfaces are reminiscent of old castles of medieval Europe. The release of water, called yururuki, is a famous summer event, where the roar of the water combined with the view of the rushing water creates a spectacular sight.

