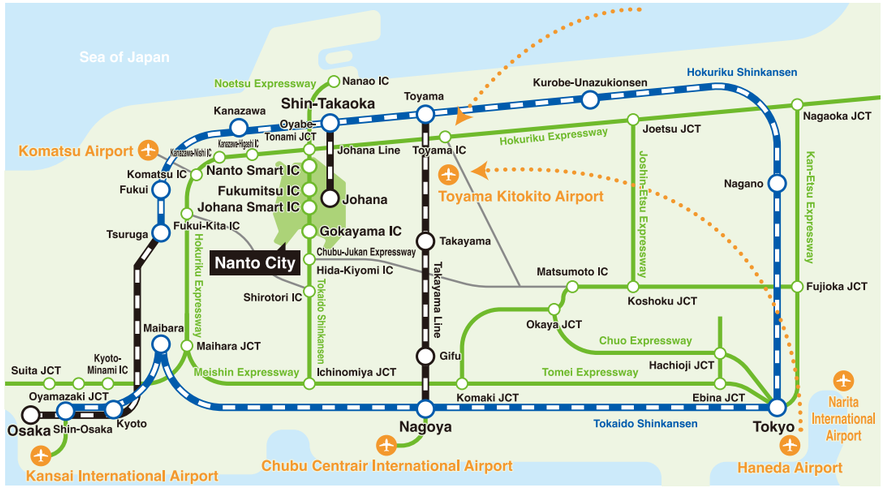
# ACCESS

How to Reach Nanto
from Major Cities

- Shinkansen
- JR Line
- Expressway
- Plane
- General Road




## By train

| | | | | | |
|---|---|---|---|---|---|
| Tokyo Station | Hokuriku Shinkansen (approx. 2 hr 39 min) | | | | |
| Nagoya Station | Shirasagi Express (Hokuriku Line; approx. 1 hr 36 min) | Tsuruga Station | Hokuriku Shinkansen (approx. 60 min) | Shin-Takaoka Station | JR Johana Line (approx. 50 min) |
| Osaka Station | Thunderbird Express (Hokuriku Line; approx. 1 hr 20 min) | | | | |

**Nanto** — Get off at…
- Fukuno Sta.
- Fukumitsu Sta.
- Johana Sta.

## By car

| | | | | | | |
|---|---|---|---|---|---|---|
| From Tokyo | Kan-Etsu Expressway (80 km) | Fujioka JCT | Joshin-Etsu Expressway (205 km) | Joetsu JCT | Hokuriku Expressway (120 km) | Oyabe-Tonami JCT → Tokai-Hokuriku Expressway |
| From Osaka | Meishin Expressway (110 km) | Maihara JCT | Hokuriku Expressway (200 km) | Oyabe-Tonami JCT | | → Tokai-Hokuriku Expressway |
| From Nagoya | Meishin Expressway (13 km) | Ichinomiya JCT | | | | → Tokai-Hokuriku Expressway |

**Nanto** — Exit at…
- Nanto Smart IC
- Fukumitsu IC
- Johana Smart IC
- Gokayama IC

## By bus

| | | |
|---|---|---|
| From Nagoya Station | Kitokito Liner (approx. 2 hr 30 min; reservation required) OR Kaetsunou Bus (approx. 2 hr 30 min; reservation required) | Johana Gokayama |
| From Kanazawa Station | Hokutetsu Bus (approx. 1 hr; reservation required) → Gokayama IC | Gokayama |
| | Kaetsunou Bus Nanto-Kanazawa Line (time varies: 1 hr to 1 hr 20 min) → Fukumitsu Station → Johana Station | Inami |
| | Johana Station → World Heritage Bus | Gokayama |

## By plane

| | | | | | | |
|---|---|---|---|---|---|---|
| Haneda Airport | ANA (approx. 1 hr) | Toyama Kitokito Airport | By rental car: Route 41 | Toyama IC | To Kanazawa → Hokuriku Expressway | Oyabe-Tonami JCT → To Gifu → Tokai-Hokuriku Expressway |
| New Chitose Airport | ANA (approx. 1 hr 30 min) | | By public transportation: Toyama Kitokito Airport Express Bus (approx. 25 min) | Toyama Station | Hokuriku Shinkansen (approx. 8 min) → Shin-Takaoka Station | JR Johana Line (approx. 50 min) |
| | | | | | Shin-Takaoka Station → World Heritage Bus | |

**Nanto** — Exit at…
- Nanto Smart IC
- Fukumitsu IC
- Johana Smart IC
- Gokayama IC

**Nanto** — Get off at…
- Fukuno Sta.
- Fukumitsu Sta.
- Johana Sta.

**Gokayama**

More information


GNTO Gokayama NANTO Tourism Organization

206-22 Koreyasu, Nanto, Toyama 939-1852
Tel: 0763-62-1201
Open: 8:30 a.m.–5:30 p.m.



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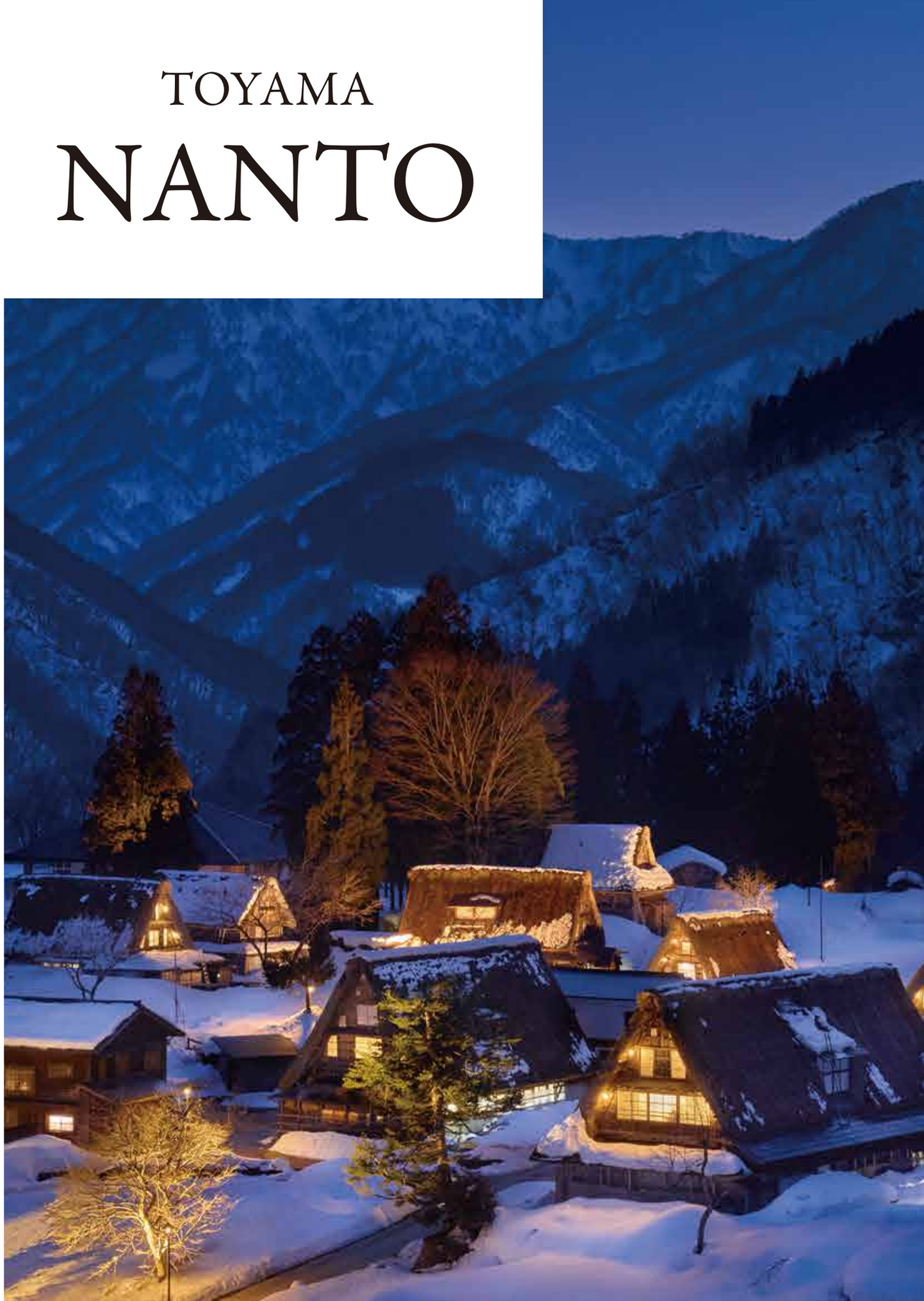
Issued: June 2026


Nanto Tourism Information

Experiences and Activities


FSC www.fsc.org ミックス 紙 | 責任ある森林管理を支えています FSC® C143207


# TOYAMA
# NANTO



# Discover New Things to Love in Nanto

Bucolic scenes unfold among the fields and farmhouses that dot the plains of Nanto.

Here, the land is steeped in the gentle warmth of *dotoku*, a spirit of thanks for the blessings of the earth. This energy is alive within the city's history and culture, woven by its people over generations of community life in harmony with their abundant natural surroundings.

Each of the city's regions welcomes you with a distinct character: there is Gokayama, with the gentle nostalgia of its World Heritage-listed *gassho*-style villages; Fukumitsu, a former home of master printmaker Munakata Shiko; Johana, a town of silk and festivals; Inami, a woodcarving town and piece of Japan Heritage with a proud tradition of master craftsmanship; Toga, a sanctuary of theater where art resonates with nature; Fukuno, which has flourished for centuries as a market town; and Inokuchi, the village of camellias.

New color will fill your heart as you immerse yourself in the essential Japanese landscapes of the city. Embark on a journey to Nanto, where a deep and timeless abundance awaits.





Ainokura Gassho-Style Village, Gokayama

Idyllic scenes of rural Japan unfold in Gokyama, one of the snowiest regions in the country. The area is home to clusters of generously thatched houses with steep, gabled roofs known as *gassho-style* (*gassho-zukuri*), a name that likens the roofs' shape to that of the forearms when the hands are pressed together in prayer.

The houses are concentrated in the two villages of Ainokura and Suganuma, which, in addition to being designated National Historic Sites and Important Preservation Districts for Groups of Traditional Buildings, are also included in a UNESCO World Cultural Heritage site.

Gokayama is also notable for its richly preserved customs and traditional events, such as lion dances, *ho-onko* memorial services, and folk songs and dances like Kokiriko and the Mugiya-bushi. The region is known as a "treasure trove of folk songs" owing to its wide repertoire of songs and dances passed down since ancient times.

In summer, the landscape is lush and green; in autumn, the mountains glow with color; and in winter, deep snow quietly blankets the villages. No matter the season, Gokayama warmly welcomes all who visit.




## Suganuma Gassho-Style Village

This small village on the Sho River preserves nine *gassho*-style houses. Niter production, sericulture, and papermaking flourished here in the Edo period.

Visitors can experience the history and traditions of Gokayama at the village's Niter Museum and Gokayama Folklore Museum.

The village's quintessentially Japanese landscape, woven together with the ever-changing seasonal beauty of the surrounding mountains, captivates all who visit.




Nationally Designated Important Cultural Property

## Murakami Family Residence

One of the oldest *gassho*-style houses, built about 350 years ago. It preserves the traditional *gassho*-style architectural style exactly as it was at the time of its construction.




Nationally Designated Important Cultural Property

## Iwase Family Residence

Built during the Edo period, this is one of the largest *gassho*-style houses in Japan. Notable features include the use of zelkova wood in its interior construction and its inclusion of a *shoin*-style room.

# A beautiful World Heritage site where tradition is a part of daily life




## Ainokura Gassho-Style Village

Situated on a small plateau in the mountains, Ainokura, which preserves 20 *gassho*-style houses, is a living World Heritage site where people still reside today.

The village landscape, unchanged for centuries, includes a proto-*gassho* house, a predecessor of later *gassho*-style architecture; thatch fields; barrier forests; and traditional structures such as temples, shrines, and earthen and wooden storehouses.

Visitors can also tour and stay at *gassho*-style guesthouses within the village, an excellent opportunity to experience the rustic warmth of local life and the culture of Nanto's mountain communities.

**Check!**

The Gassho-Style Villages of Gokayama

**Illumination Information**

**Suganuma Gassho-Style Village**
Period/Late May to early June, late Jan., early Feb.
Time/Sunset–8:00 p.m.

**Ainokura Gassho-Style Village**
Period/Mid-May, mid-Sep., late Feb. (three times per year)
Time/Sunset–8:00 p.m.





Inami has flourished as a temple town since the founding of Zuisenji Temple in 1390 by Shakunyo, the fifth head priest of Honganji Temple in Kyoto. Known as Japan's leading woodcarving town, it is home to nearly 200 carvers, widely recognized for their exceptional skill and artistry.

Along Yokamachi Street, lined with carving workshops and traditional houses, the air is filled with the scent of wood, and carvings can be seen everywhere from signboards and nameplates to even bus stops.

Since 2018, Inami has been a Japan Heritage site under the title "Inami: A Woodcarving Art Museum Born from a Single Chisel of Master Temple Carpenters." In 2025, it was selected as one of the "50 Quietest Places Around the World" by an American travel magazine.

Experience the beauty of traditional craftsmanship when you visit local carving workshops and Zuisenji Temple, the birthplace of Inami woodcarving.




## Yokamachi Street

The charming, stone-paved street runs through the heart of town and is home to numerous carving workshops, sake breweries, and souvenir shops—perfect for a leisurely stroll.




## Takase Shrine

This shrine is dedicated to Okuninushi no Okami, a deity of good fortune, matchmaking, protection for family members, medicine, and agriculture. The 2,000-year-old shrine has been revered since ancient times.

# Japan's leading woodcarving village, filled with the scent of wood




## Inami Betsuin Zuisenji Temple

Founded in 1390 by Shakunyo, the fifth head priest of Honganji Temple in Kyoto, this temple boasts one of the largest wooden temple complexes in the Hokuriku region and is the birthplace of Inami woodcarving. Exquisite carvings from different periods can be seen throughout the grounds, including in the main hall, the main gate, the Taishido Hall, and other structures. The intricate carvings on the main gate are a particular highlight.

Special tours allow visitors to admire the carvings at night, when the temple is illuminated. The carvings emerge fantastically from the darkness, allowing for a deeper appreciation of the master carvers' exceptional skill.



# Handcrafted traditions and aesthetic sensibilities nurtured by the land and upheld by its people

Nanto, blessed with rich natural beauty across the four seasons, is a place where time-honored traditions remain firmly rooted.

In Gokayama, the tradition of Gokayama washi (Japanese paper) has been carefully preserved alongside a way of life that has remained unchanged for generations. Inami, with its historic townscape, is home to a magnificent woodcarving culture that began with the reconstruction of the town's Zuisenji Temple. Famed print artist Munakata Shiko devoted himself to his creative work in Fukumitsu, where many of his pieces can still be found. And Johana's silk textiles, traditionally woven from raw silk spun from cocoons cultivated in Gokayama, saw major development in the Edo period and have continued to reach new technical heights since.

The beauty of authentic craftsmanship, nurtured and refined within the natural environment, history, and culture of Nanto, is alive and well in the lives of its people.



## Gokayama Washi (Japanese Paper)

Surrounded by thousand-meter peaks is the remote mountain region of Gokayama, where Gokayama washi has been made for centuries. Noted for its natural warmth and texture, the paper is handcrafted with traditional techniques using kozo (paper mulberry) grown in areas with significant temperature differences, which imbues its fibers with exceptional strength.

The area developed into a renowned producer of high-quality washi under the strong patronage of the Kaga Domain, and the resulting product, alongside Yatsuo washi and Birudan washi, has been designated a Traditional Craft of Japan under the name "Etchu washi."

The highly durable paper is used for everything from small accessories and interior décor to the restoration of the Katsura Imperial Villa, facilities in the care of the Imperial Household Agency, and nationally designated Important Cultural Properties.

Visitors can tour workshops and try papermaking themselves, experiencing the washi culture nurtured by the natural environment of this mountain region.

**Related Spots**

- Gokayama Washi no Sato — Gokayama | MAP C-3
- Gokayama Washi Papermaking Experience Center — Gokayama | MAP B-3
- Gokayama Washi Agricultural Cooperative — Gokayama | MAP B-3
- Higashinakae Washi Production Association — Gokayama | MAP C-3



Frog and rabbit (animal caricature)



## Inami Woodcarving

Inami woodcarving is said to have originated in the mid-Edo period, when a major fire necessitated the reconstruction of Zuisenji Temple. Master carver Maekawa Sanshiro, of the prestigious Honganji Temple in Kyoto, was dispatched to lead the effort; local temple carpenters learned carving techniques under his guidance and established a tradition that continues today.

Using over 200 chisels and carving tools, artisans sculpt wood into dynamic, three-dimensional designs rich in depth and movement.

Refined over 260 years, the tradition has evolved from ornate carvings for temples and shrines to decorative carvings for residential interiors. Among these, *ranma* transom panels, with designs that seem to spill beyond their frames, represent the epitome of the craft.

**Related Spots**

- Inami Woodcarving Composite Hall — Inami | MAP C-1



Flat pouch



Washi buttons (hair ties)



Lion's head



Cloud shelf



Wooden cat



Sun umbrella



Silk bath salts



"Murasakitamoto no Saku" (Aizen'en)

## Munakata Shiko

World-renowned printmaker Munakata Shiko spent about seven years in Fukumitsu during and after World War II. During this time, the region's vibrant culture of Jodo Shinshu Buddhism and deep-running spirit of *dotoku* brought about a profound transformation in his artistic style and way of life. His years of living and creating in Nanto laid the foundations for his later rise to international acclaim as "Munakata of the World."

Kotokuji Temple, where he first resided after evacuating to Fukumitsu, preserves many of his works, including Nihonga paintings, prints, and calligraphy. Other highlights include his former residence, Riugasai; the Aizen-en museum; and the Fukumitsu Art Museum, which houses a collection of his works. All offer a chance to experience firsthand the creative spirit of the artist.

**Related Spots**

- Fukumitsu Art Museum — Fukumitsu | MAP A-1
- Munakata Shiko Memorial Hall — Fukumitsu | MAP A-1
- Riugasai (former residence) and Aizen-en Museum
- Kotokuji Temple — Fukumitsu | MAP A-1



## Johana Silk

The Johana silk tradition is said to have begun in the late Sengoku period. Cocoons brought from Gokayama, where sericulture flourished at the time, were transformed into high-quality silk fabrics using Johana's advanced weaving techniques. During the Edo period, these textiles were produced under the patronage of the Kaga Domain as "Kaga silk" and distributed to Kyoto, Osaka, and Edo. Over time, Johana came to produce a wide variety of silk fabrics, such as *ro*, *sha*, and *habutae*. The region's traditional *shike* silks, created with precious *tamaito* thread from cocoons woven by two silkworms, have transitioned into the modern era with new, exquisite pieces; the region remains a distinguished center of silk textile production today.

**Related Spots**

- Matsui Kigyo — Johana | MAP B-2
- SHARE Johana Weaving Hall — Johana | MAP B-2



"Tobigami no Saku" notebook



"Samantabhadra Bodhisattva" notepaper



"Birds and Plum Blossoms" hand towel



Riugasai (former residence)



Nanto's Cultural Heritage: Traditional Beauty and Master Craftsmanship

# Distinctive landscapes shaped by forests and rivers

Nanto, located at the southwestern edge of Toyama Prefecture, is blanketed with lush greenery. Eighty percent of the city's land is covered by forests, including areas within Hakusan National Park. The Shogawa and Oyabe Rivers flow through the area, nourishing the land with their clear waters.

In the mountains lie pristine landscapes of deep forests and clear streams, remote vistas that, in the winter, receive the heavy snow—sometimes exceeding 3 m—that characterizes many of the areas along the Sea of Japan. It is this harsh climate that has fostered the lifestyle and culture of the city's people.

The water-rich plains, meanwhile, present a tranquil rural landscape of farmhouses scattered among rich rice fields.

In all of its landscapes, Nanto's unique beauty is founded in the harmony between a rich natural environment and the lives of the city's people.




## Lake Katsura

Included in both a national and prefectural park, this dam lake and its environs offer an ideal destination to enjoy the great outdoors with camping, fishing, canoeing, and more.




## Sakuragaike Pond

From the deep greens of early summer to the vibrant foliage of autumn, beautiful seasonal scenery adorns the 3 km circumference of this man-made lake. In spring, thousands of cherry blossom trees, including Kinkimamezakura and Somei Yoshino varieties, burst into bloom.

## Kanjoji Park

A municipal park located on a plateau about 300 m above the foot of Mount Yaotome. The park's scenic overlook offers one of the prefecture's finest views: a distinctive landscape of houses scattered across the countryside surrounded by stands of trees (known as *kainyo*).








Nanto's abundance of clean water and intimate relationship with nature has given rise to a sophisticated food culture shaped by the changing seasons and a deep-rooted religious faith.

Here, traditional foods like *kabura-zushi* and dried persimmons were created as a way to preserve food for the harsh winter. Foods associated with religious and other traditional events, such as the dishes prepared with hospitality and gratitude as part of *ho-onko* cuisine, add color to everyday life. And deep-flowing spring water from the mountains meets sake rice and the refined skills of master brewers to produce a selection of high-quality sake.

Savor the deep, wholesome flavors born of the land and the ingenuity of its people.



# A seasonal bounty shaped by faith and the land



## Dried Persimmons and *Anpo-gaki* soft dried persimmons

Made by peeling locally grown *sanja-gaki* persimmons and slowly drying them, both are characterized by their high sugar content and the white powder that coats their surface. They boast a soft texture and a rich, robust sweetness.



## *Kabura-zushi*

Once handmade in nearly every household, this classic fermented food is made by sandwiching yellowtail or mackerel between large slices of turnip and fermenting them with malted rice. It is enjoyed as a traditional New Year's dish.

## *Ho-onko* Cuisine

*Ho-onko*, known in Nanto by the affectionate nickname *honko-sama*, is a memorial service held on the anniversary of the death of Shinran (founder of Jodo Shinshu Buddhism). After the service, vegetarian cuisine is served on red-lacquered trays. In the Gokayama area, families prepare a wide variety of dishes using mountain vegetables, Gokayama tofu, red turnips, and more, often resulting in more food than can fit on a single tray.



## Local Sake

Nanto's local sake, brewed in the depths of winter using pure water and locally grown sake rice, offers an exceptional flavor. There are three sake breweries in the city, all producing labels that are highly regarded across Japan.

Nanto is home to a rich variety of festivals and events that take place year-round. These include a *hikiyama* festival registered as UNESCO Intangible Cultural Heritage, a giant lantern festival, folk song festivals, and international events featuring music and performing arts from around the world. The city's historic rituals express its people's prayers and gratitude toward nature, and traditional performances, such as distinctive local lion dances, are carefully passed down in each community.

These include unusual festivals found only in this region of Japan: the Fukuno Yotaka Festival, which welcomes shrine deities with both lantern floats and *hikiyama* floats, and the Johana Hikiyama Festival, where *iori-uta* songs representing the culture of old Edo blend with a float tradition originating in Kyoto.

In all of the city's festivals, the pride, passion, and communal bonds of the local people take center stage, leaving a deep impression on all who visit.

# The spirit and passion of Nanto on display



## Johana Hikiyama Festival

A grand spring festival in which elegant *iori-uta* songs echo throughout the town of Johana. Designated in 2002 as a National Important Intangible Folk-Cultural Property under the name "Hikiyama Event of the Johana Shinmei Shrine Festival," it was later added to the UNESCO Intangible Cultural Heritage list in 2016.

Lion dances lead the way as a procession including *kenhoko* and *kasahoko* (ceremonial implements), four guardian deity banners, and *mikoshi* shrines weaves its way through town followed by *iori* and *hikiyama* floats. The parade preserves the classical form of a traditional deity-welcoming procession, and the magnificent *hikiyama* floats are the very picture of power and grace, their large wheels creaking as they move forward.

When night falls, countless lanterns are attached to the floats, transforming the festival's atmosphere and adding to its charm.

[Venue]**Central Johana** [Period]**Yearly on May 4th (evening festival) and 5th (main festival)**



## Fukuno Yotaka Festival

The spring festival of Fukuno Shinmei Shrine, designated as an Intangible Folk-Cultural Property of the prefecture. During the evening festival, giant *yotaka* lantern floats are paraded through the streets, accompanied by the powerful sounds of *yotaka* drums and the spirited chants of the young participants. The highlight is the *hiki-ai* (lantern battle) held late on the second night: at the sharp clack of wooden clappers, groups of young men, riding on the giant floats, smash each other's lanterns in a dramatic and thrilling spectacle. Then, for the main festival, four *hikiyama* floats visit Shinmei Shrine, and a *mikoshi* shrine is carried through town.

[Venue]**Central Fukuno** [Period]**Yearly on May 1st and 2nd (evening festival), 3rd (main festival)**



## Sukiyaki Meets the World

Japan's largest world music festival, organized and run by over 200 volunteers. Visitors can immerse themselves in foreign cultures with a diverse array of events including live performances by artists from Africa, Asia, and Europe, as well as instrument and culture workshops, a musical parade, and a market. Dive in and connect with the world during this three-day experience.

[Venue]**Nanto Energy Cultural Creation Center Helios**
[Period]**Yearly in late August**



## SCOT Summer Season

Toga, in Nanto, has been home to the SCOT theater company (led by director Suzuki Tadashi) for over 50 years. It is known as a "sacred site of theater" where artists from around the world gather. The SCOT Summer Season, held every summer, attracts theater fans from around Japan and the world with world-class programs that blend singular performances with the natural beauty of the deep mountains of Toga Village. Venues include an open-air theater with a pond at its center and the gassho-style Toga Sanbo theater. Visit to rediscover the charm and passion of the theater.

[Venue]**Toga Art Park**
[Period]**Yearly from late Aug. to early Sep.**



## Johana Mugiya Festival

An autumn tradition in which the melancholy strains of the Mugiya-bushi drift through the charming streets of Johana. Groups of male dancers radiate power and dignity in performances throughout town.

[Venue]**Central Johana**
[Period]**Yearly on the Sunday before Respect for the Aged Day**



## Gokayama Mugiya Festival

At the center of the performances, which feature Gokayama folk songs, is the Mugiya-bushi, which is said to have been sung and danced by fugitives of the Heike clan as they reminisced about life Kyoto. Young men in striking white sashes and formal *kimono* with *hakama* perform gallant dances, with the audience joining at the end of the night for the finale.

[Venue]**Shimonashi Village**
[Period]**Yearly on Sep. 23rd**



## Kokiriko Festival

This is Gokayama's foremost festival, featuring elegant dances performed to melancholy melodies. Gokayama folk songs, such as Kokiriko, are performed. The festival reaches its climax at the end of the night with a group dance joined by audience members, who play traditional *sasara* instruments alongside performers.

[Venue]**Kaminashi Hakusan Shrine**
[Period]**Yearly on Sep. 25th and 26th**



## Nanto Fukumitsu Snow Lantern Festival

Around 50 giant paper balloons rise high into the winter night sky. At dusk, a fantastical scene unfolds, illuminated by their glowing red flames. The accompanying hotpot festival and *mochi*-pounding also draw large crowds.

[Venue]**Roadside Station Fukumitsu "Nanto Ippuku Chaya"**
[Period]**Yearly in early Feb.**

## EVENT Info.

**Spring**

**Mar.** Nanto Inokuchi Camellia Festival (Inokuchi)
**Apr.** Johana Weeping Cherry Blossom Festival (Johana)
Fukumitsu Usa Hachiman Shrine Spring Festival (Fukumitsu)
**May** Fukuno Yotaka Festival (Fukuno)
Inami Yoiyasa Festival (Inami)
Johana Hikiyama Festival (Johana)

**Summer**

**Jun.** Damashi River Firefly and Kappa Village Festival (Fukumitsu)
Takase Iris Festival (Inami)
**Jul.** IOX-AROSA Hydrangea Festival (Fukumitsu)
Inami Betsuin Zuisenji Temple Taishiden Service (Inami)
Netsuokuri Tanabata Festival (Fukumitsu)
Johana Betsuin Zentokuji Temple Mushiboshi Service (public exhibition) (Johana)
**Aug.** Sukiyaki Meets the World (Fukuno)
SCOT Summer Season (Toga)

**Autumn**

**Sep.** Golden Cosmos Festival (Fukumitsu)
Munakata Festival (Fukumitsu)
Johana Mugiya Festival (Johana)
Gokayama Mugiya Festival (Gokayama)
Kokiriko Festival (Gokayama)
**Oct.** New Soba Festival in Toga (Toga)

**Winter**

**Nov.** Fukuno Gottsuo Taro Festival (Fukuno)
**Dec.** Fukuno Year-end Market (Fukuno)
**Feb.** Nanto Fukumitsu Snow Lantern Festival (Fukumitsu)
Johana Tsugomori Market (Johana)

**Scan here for event information ▶**
**"Discover Nanto" official website**

# Sample Itineraries to Enjoy Nanto

## Satisfy your intellectual curiosity

Shin-Takaoka Station

By car approx. 45 min

### 1 Experience the art of Munakata Shiko






**Fukumitsu Art Museum**

Wild birdsongs echo in the green forest that surrounds this tranquil museum. In the collection room, the museum displays works by local artists, with a focus on wood block artist Munakata Shiko and nihonga painter Ishizaki Koyo.

- **Hours: 9:00 a.m.–5:00 p.m. (admission until 4:30 p.m.)**
- **Admission fee: 310 yen (permanent exhibition); free (collection room)**
- **Closed: Tuesdays, year-end and New Year's holidays (Dec. 29–Jan. 3), and museum maintenance days**

By car approx. 5 min

### 2 Take home glass shrimp crackers from Maruyone Seika






**Fukumitsu Roadside Station "Nanto Ippuku Chaya"**

Inside the station building, reminiscent of a wealthy farmer's mansion, are plentiful offerings of local produce and specialties such as *kabura-zushi* (fermented turnip sushi), *anpo-gaki* (soft dried persimmons), and rice crackers. The station is bustling with customers from early in the morning.

- **Hours: 9:00 a.m.–6:00 p.m.**
- **Closed: Year-end and New Year's holidays (Dec. 31–Jan. 2)**

By car approx. 15 min






### 3 Johana Hikiyama Festival Float Museum

On foot approx. 2 min

Displays the magnificent *hikiyama* floats, *iori* floats, and *kasahoko* (ceremonial canopies used to summon deities) of the Johana Hikiyama Festival, a UNESCO Intangible Cultural Heritage. A video supplements the exhibits, allowing visitors to experience the sights and sounds of the festival.

- **Hours: 9:00 a.m.–5:00 p.m. (admission until 4:30 p.m.)**
- **Admission fee: 520 yen**
- **Closed: Tuesdays, year-end and New Year's holidays (Dec. 29–Jan. 3)**

### 4 Create your own rosary bracelet




**Johana Betsuin Zentokuji Temple**

Refresh your body, mind, and spirit with a peaceful moment of crafting as you create your own rosary bracelet in a special area of this historic temple.

- **Hours: 9:00 a.m.–4:00 p.m.**
- **Admission fee: 500 yen**

By car approx. 45 min

### 5 Lose yourself in the mandalas' beauty




**Toga Meditation Village**

Recharge at a spectacular "power spot" featuring a beautiful flower garden and some of Japan's largest mandalas.

- **Hours: 10:00 a.m.–4:00 p.m.**
- **Admission fee: 660 yen**
- **Closed: Wednesday, During winter (Dec. to mid-Apr.)**



## Experience nature and culture

Shin-Takaoka Station

By bus approx. 75 min

### 1 Rent an e-bike at Gokayama Tourist Information Center

Bike your way through Nanto with Nanchari







Kaminashi (Gokayama Tourist Information Center)

On foot approx. 5 min

**Suganuma Gassho-Style Village, Gokayama**

From the Gokayama Tourist Information Center, take a bike tour to Suganuma Village and gain a new perspective on familiar scenery. Wander through the historic World Heritage *gassho*-style village before returning to Kaminashi.

- **Village hours: 8:00 a.m.–5:00 p.m. (Apr.–Nov., admission until 4:00 p.m.); 9:00 a.m.–5:00 p.m. (Dec.–Mar., admission until 4:00 p.m.)**
- **Bike rental fee (available Mar.–Nov.): 2,000 yen (4 hours or less); 2,500 yen (full day)**

Guided tours are also available. See P14 for details.

### 2 Take a break with soymilk soft-serve






By bus approx. 30 min

**Kihei Shoten**

Gokayama tofu, made the old-fashioned way with pure water and local soybeans, is known for being firm enough to bind with a rope.

- **Hours: 7:00 a.m.–5:00 p.m.**

Johana Station

By bus approx. 20 min

### 3 Try woodcarving and make a sake cup






**Kurokami-an (Inami)**

Make your own sake cup with real tools under the guidance of a master. After the experience, use your cup to enjoy a sake tasting at Wakakoma Sake Brewery.

See P14 for more on the woodcarving experience.

On foot approx. 5 min

### 4 Appreciate the artistry of Inami woodcarving




**Inami Betsuin Zuisenji Temple**

During special night tours, lights create shadows on the temple's carvings, bringing out the intricacy of the woodwork.

- **Hours: 9:00 a.m.–4:30 p.m.**
- **Admission fee: 500 yen**

Night Museum

- **Meeting time: 6:00 p.m. (spring, autumn, winter); 6:30 p.m. (summer)**
- **Experience fee: 38,000 yen per group (up to 10 persons)**
- **Time required: Approx. 60 min**

Incredible three-dimensional carvings!





## Round out your trip with a visit to one of Nanto's many hot springs:

**Fukumitsu**
- Fukumitsu Hanayama Hot Spring
- Fukumitsu Hot Spring (Day trips welcome)
- IOX-WALD
- Horinji Hot Spring (Day trips welcome)
- Fukumitsu Iozen Hot Spring Nukumori no Sato (Day trips welcome)
- Kawaida Hot Spring Yamadaya (Day trips welcome)

**Johana**
- Sakuragaike Kurgarden (Day trips welcome)

**Iguchi**
- Yu-Yu Land Hanatsubaki (Day trips welcome)

**Gokayama**
- Gokayama Hot Spring Akaokan
- Kuroba Hot Spring (Day trips welcome)
- Gokayama Hot Spring Gokasanso (Day trips welcome)
- Fureai Hot Spring Center Yuraku (Day trips welcome)

**Toga**
- Toganoya Guesthouse
- Omaki Hot Spring
- Nagasakiya Guesthouse
- Mohe-e Guesthouse
- Shogawa Gorge Nagasaki Hot Spring Kitaharaso (Day trips welcome)
- Okabe Guesthouse

**Accommodation information ▶**
"Discover Nanto" official website

# Experience Tours

Travel through a World Heritage site, learn about traditional arts and local ways of life, and enjoy local cuisine using seasonal ingredients. Discover a charming side of Japan that you'll only find here.

Website here!



## Zuisenji Temple Night Museum (with Interpreter Guide)

Inami is home to some 200 woodcarvers who practice traditional carving techniques passed down since the 18th century. At its center is Inami Betsuin Zuisenji, a historic temple whose every beam and column is furnished with elaborate carved decorations—a practical museum of woodcarvings. This special nighttime tour allows you to explore this one-of-a-kind space with a master woodcarver as your guide. Tours are accompanied by a dedicated guide-interpreter who will translate the carver's remarks. Inquire about an experience today.



**Price**
38,000 yen per group up to 10 people; 2,000 yen for each additional person (tax included)

**Departure date**
Daily

**Group size**
At least 1 person (maximum 40 people)

Learn more

## Three-Day, Two-Night Bike Tour of Nanto: Stay in a World Heritage Village and Experience the Traditional Culture of Gokayama





A three-day, two-night tour to experience Gokayama's traditional culture, local cuisine, and hot springs. Cycle through the forest roads of Gokayama and stay at a guest house in the World Heritage-listed Ainokura Gassho-Style Village. Enjoy folk songs in a room with a sunken hearth. Discover the hidden charms of Gokayama as you cycle on paths unreachable by public transportation.

**Price**
75,000 yen per person (tax included)

**Departure date**
May to October

**Group size**
2–6 people (minimum 2 people)

Learn more

## Where Woodcarving Comes Alive: One-on-One Tour of Inami with a Local Guide

Gain a deeper appreciation for the beauty of Japanese tradition as you journey through Inami, a town that's practically a museum of wood sculptures. You'll visit historic Zuisenji Temple and stop by a carver's studio. You'll carve your own wooden sake cup with real tools under the guidance of a master—an experience like no other. Finally, you'll savor a fine Japanese lunch in a traditional home and tour the earthen brewhouse of the Wakakoma Sake Brewery, where you'll have a chance to sample local sake in the wooden cup you created.





**Price**
26,000 yen per person (tax included)

**Departure date**
Daily

**Group size**
2–6 people (minimum 2 people)

Learn more

## The Kokiriko Experience: One-on-One Tour of Gokayama (Kaminashi) with a Local Guide



Discover Kokiriko, the oldest folk song in Japan, and the quiet village that preserves it. Nestled between UNESCO-listed *gassho*-style villages, Kaminashi is a center of culture in a region whose rugged geography and unusually snowy climate once made it nearly inaccessible, a virtual "island in the mountains" whose traditions have been shaped by centuries of isolation. On your walk through the village, you'll discover this unique heritage—the Kokiriko song and dance, Gokayama tofu, and more—as you interact firsthand with the people who keep the traditions alive.



**Price**
20,000 yen per person (tax included)

**Departure date**
Daily (February through November); weekends and holidays only (December through February)

**Group size**
2–6 people (minimum 2 people)

Learn more

## Life in a Gassho-Style Village: One-on-One Tour of Gokayama with a Local Guide

Uncover the hidden side of life in Suganuma, a *gassho*-style village that joined the register of UNESCO World Heritage sites in 1995. Surrounded by rich forests and steep mountains, Suganuma is a living piece of cultural heritage–a village with permanent residents, which makes it unique among the sites on the UNESCO roster. During your journey, you'll discover the local origins of the village's world-famous *gassho*-style architecture and savor a lunch prepared using local ingredients in a traditional *gassho*-style home.





**Price**
16,000 yen per person (tax included)

**Departure date**
Daily

**Group size**
2–6 people (minimum 2 people)

Learn more



**Price**
45,000 yen per group (tax included)

**Departure date**
April to November

**Group size**
1–6 people (minimum 1 person)

Learn more

## Nanto Bike Tour: Journey through the World Heritage Sites of Gokayama

This is a forest path cycling tour of the Gokayama area that includes a stroll through Ainokura Gassho-Style Village, part of a World Heritage site. Visit spectacular spots that can only be reached by bicycle. With electric bicycles, even beginners and those who are not confident in their fitness can have fun cycling while taking time to enjoy the scenery.



Local Specialties Galore!

Let's buy some Nanto specialties to take home!

# Take Nanto Home with You

Here we've assembled some special souvenirs for you to take home as a memento of your enjoyable trip or give to someone special. With delicious food products shaped by the city's lush natural environment and wide-ranging crafts that embody time-honored traditional techniques, Nanto boasts a bounty of charming, one-of-a-kind treasures just waiting to be discovered.

## Sake

Nanto's environment is ideal for sake brewing. Enjoy a selection of premium sake crafted with care by three local breweries.



From left

**Narimasa**
Oyamanishiki Junmai Sake
Narimasa Sake Brewery Co., Ltd

**Wakakoma**
Dry Junmai Sake
Wakakoma Sake Brewery

**Sanshoraku**
Junmai Sake
Sanshoraku Co., Ltd.

Toga Doburoku
**Magotarin**
Nakanoya Guesthouse

## Beer

Craft beer brewed with natural spring water from Nanto. Select flavor blends feature local ingredients such as rice, dried persimmons, and *kuromoji* (Japanese spicebush).



From left

**Hakama Ale**
**Hikiyama Black**
Johana Beer Limited Company



From left

**HEY HEY HOO**
**KUMA MASSIGURA**
NAT.BREW

## Wine

Made from hillside-farmed grapes and brewed using traditional sake-making techniques, this wine offers a pure, refined flavor.



From left

**Tatenogahara Merlot**
**Tatenogahara Chardonnay**
TresBeau Co., Ltd.

## Kihachi Cola

A craft cola concentrate incorporating juice from the final pickling stage of *kabura-zushi* (made with turnips grown in Nanto), *kuromoji* tea, and deep ocean water from Toyama Bay.



From left

**ENERGY**
**RELAX**
Kihachi Food Co., Ltd.



## Taro

Taro has been cultivated since ancient times. It is characterized by its soft, starchy texture and sweet flavor.

## Red Turnip Pickles

A traditional winter food beloved in the Gokayama region. Perfect as a side dish with rice or a snack with drinks.



**Red Turnip Pickles**
JA Nanto Kamitaira Vegetable Processing Center

## Inami Woodcarving

A touch of warmth and traditional craftsmanship for your day-to-day. Carvers' offerings include accessories such as miniature lion heads and key rings.



**Necklace**
Inami Woodcarving Cooperative



**Strap**
Inami Woodcarving Cooperative



**Hairpin**
Inami Woodcarving Cooperative



**Round washi coaster (10 cm)**
Gokayama Washi no Sato



**Daruma doll**
Gokayama Washi Agricultural Cooperative Corporation

## Johana *Shike* Silk

Accessories made with *shike* silk from rare, multi-worm silk cocoons, noted for their pleasant feel against the skin.



**Pillow cover for beautiful hair**
JOHANAS

## Gokayama Washi (Traditional Japanese Paper)

The wide-ranging offerings include charming folk crafts and modern goods that highlight the rustic feel of handmade Japanese paper.

## Rice Crackers

Especially popular are *senbei* and *arare* rice snacks flavored with glass shrimp, otherwise known as the "Treasure of Toyama Bay."

Hinodeya Seika



## ZUCCA Gelato

Gelato made with local produce that captures the essence of Nanto in a wide variety of flavors.



**Gelato Double**
Gelateria ZUCCA

## *Anpo-gaki* (Soft Dried Persimmons) and Dried Persimmons



Classic dried persimmons and *anpo-gaki*, their softer relatives, made from the locally grown *sanja-gaki* variety. Pair with tea.



**Seiryu Somen hand-pulled noodles**
Glasscube

## *Somen* (Thin Noodles)

Made with traditional methods using the pure water of Toga Village, these thin noodles have a firm bite and an exceptionally smooth texture.



**Masu-no-sushi**
Tairazushi Honpo

## Masu-no-sushi (Trout Sushi)

Pre-cut salmon sushi made with an original, additive-free vinegar for a gentle fragrance that fills your mouth.

## Nanto Pork

Premium pork products. The pigs' feed is supplemented with persimmon peels (a byproduct of the local dried persimmon industry) for a rich umami flavor.



**Nanto Bacon**
Nanto Pork Co., Ltd.

**Nanto Coarsely Ground Sausage (Plain)**
Nanto Pork Co., Ltd.

## *Kabayaki* Broiled Loaches

The mild bitterness and rich aroma of this nutritious dish, a generations-old staple of Fukumitsu and Johana, will keep you coming back for more.



# Nanto Travel Map



## Johana Station Tourist Information Center

206-22 Koreyasu, Nanto, Toyama (in the JR Johana Station building)
☎0763-62-1201
Hours: 9:00 a.m.–5:00 p.m.
Closed: Year-end and New Year's holidays
Facilities: Souvenir sales, coin lockers, rental bicycles, free Wi-Fi
JNTO Certified Tourist Information Center



## Inami Kotsu Square Tourist Information Center

8956-1 Yamami, Nanto, Toyama (adjacent to the Kotsu Square parking lot)
☎0763-82-2539
Hours: 8:30 a.m.–4:30 p.m.
Closed: Year-end and New Year's holidays
Facilities: Souvenir sales, coin lockers, rental bicycles



## Gokayama Tourist Information Center

754 Kaminashi, Nanto, Toyama
☎0763-66-2468
Hours: 9:00 a.m.–5:00 p.m. (closes earlier during year-end and New Year holidays)
Closed: Open year-round
Facilities: Souvenir sales, coin lockers, rental bicycles, free Wi-Fi
JNTO Certified Tourist Information Center






# Welcome to Nanto







## Fukumitsu Roadside Station "Nanto Ippuku Chaya"

21 Nakanogo, Nanto, Toyama
☎0763-52-4100
Hours: 9:00 a.m.–6:00 p.m.
Closed: Year-end and New Year's holidays (Dec. 31–Jan. 2)
Parking: 120 spaces (15 large vehicles, 2 for people with disabilities)



## Inami Roadside Station "Kibori no Sato Soyukan"

730 Kitagawa, Nanto, Toyama
☎0763-82-5757
Hours: 9:00 a.m.–5:00 p.m.
Closed: 2nd and 4th Wednesdays of each month, year-end and New Year's holidays
Parking: 100 spaces (11 large vehicles, 1 for people with disabilities)



## Toga Roadside Station

171 Toga-mura, Nanto, Toyama
☎0763-68-2016
Hours: 8:30 a.m.–5:15 p.m.
Closed: Year-end and New Year's holidays
Parking: 25 spaces



## Kamitaira Roadside Station "Sasarakan"

72-1 Nishi Akao-machi, Nanto, Toyama
☎0763-67-3141
Hours: Tourist information open 8:30 a.m.–3:00 p.m. (other stores' hours may vary)
Closed: Year-end and New Year's holidays
Parking: 62 spaces (10 large vehicles)



## Taira Roadside Station "Gokayama Washi no Sato"

215 Higashi Nakae, Nanto, Toyama
☎0763-66-2223
Hours: 9:00 a.m.–5:00 p.m.
Closed: Year-end and New Year's holidays
Parking: 50 spaces (3 large vehicles)