

島根県

Shimane Prefecture

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Town

Iinan Town

There is nothing attractive in Iinan Town –

Everyone in this town says so; however,

each one has something to be proud of.

Then, what is the treasure of Iinan Town?

Japan's largest Shimenawa rope!

Beautiful peonies!

The power of nature – Forest therapy®

Kamiarizuki, the month when all the

Shinto kami (deities) gather in Izumo,

begins on Mt. Kotobiki!

The grand story of the historical romance!

Sake, Okuzumo Wagyu beef, pickles, apples,

shitake mushrooms, maitake mushrooms,

boar meat, blueberries, yacón,

edible wild plants,

and the sacred music and dance

of Okulishi Kagura...

We can cite with no bounds.

However, the true treasures are...

the kind-hearted people living in this town.

English

Traveling
time reduced
by the opening of the
Onomichi-Matsue
Expressway!

Time required for your trip to Iinan Town

(Time is a rough estimate. Length is for the route.)

From Izumo-Taisha Shrine

Via Izumo Shinwa Kaido Road and Route 54
About an hour and 20 minutes (67.0 km)

From Iwami Ginzan Silver Mine

Via Route 375 and Prefectural Road No. 166
About an hour (39.0 km)

From Matsue Castle

Via Onomichi-Matsue Expressway (Yoshida-Kakeya IC),
Izumo Shinwa Kaido Road, and Route 54
About an hour and 20 minutes (78.8 km)

From Okayama (Okayama City)

Via Sanyo Expressway and
Onomichi-Matsue Expressway
About 2 and a half hours (169 km)

From Hiroshima (Hiroshima City)

Via Chugoku Expressway
About an hour and 40 minutes (113 km)

From Kyushu region (Fukuoka City)

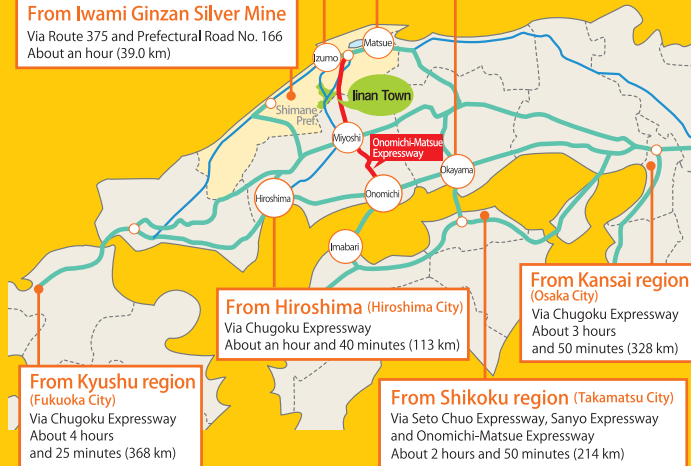
Via Chugoku Expressway
About 4 hours
and 25 minutes (368 km)

From Shikoku region (Takamatsu City)

Via Seto Chuo Expressway, Sanyo Expressway
and Onomichi-Matsue Expressway
About 2 hours and 50 minutes (214 km)

From Kansai region (Osaka City)

Via Chugoku Expressway
About 3 hours
and 50 minutes (328 km)



飯南町観光協会
IINAN Tourism Association

Iinan Satoyamania



Iinan Tourism Association

Tel: +81-854-76-9050

Shimo-Akana 880-3, Iinan-cho, Iishi-gun, Shimane 690-3513, Japan

Fax: +81-854-76-2040

Issued in January, 2017

Buckbeans

Japanese iris

Helleborine

Pogonia

Ligularia japonica

Platanthera hologlottis

Drosera rotundifolia

Guides with a professional license will take you to the area where you can see the lives of the season. Enjoy the nature of Iinano Town through the five physical senses.

Epio Natures Guide Office
Tel: 050-5896-5318

Like Small-Scale Oze Marshland

Akana Swamp Plant Community

Walking on the wooden paths through the prefecture's largest woods of Japanese alders, you can see at your feet seasonal colorful flowers, such as Buck beans in spring and Lobelia sessilifolia in autumn. Moreover, the marshland is a great repository of precious lives, including Scarlet Dwarf dragonflies that is referred to as "a fairy dragonfly."

**"Iinano Town is a
museum of living nature"**

Green Healing Forest Therapy®

In the Iinano Town Furusato-no-Mori forest, the Forest Therapy Road where anyone can enjoy casual walks was developed. Experience the forest through the five physical senses, feeling the soft woodchips under your shoes, filling your nostrils with the scent of green and hearing the murmuring of a stream.

Iinano Tourism Association
Tel: +81-854-76-9050

Forget any and all bad or tiresome things, and take amazement and impression back with you.

"If you have any questions about the stones in Iinano Town, feel free to ask us."
Kishi Sekizaiten stone dealer Ltd. Tel: +81-854-72-0105

"We will provide a warm environment by heating a wood stove in the winter of snowy Iinano Town."
Makihara Shoji Ltd. Tel: +81-854-72-0321

Snow shoe trekking

Tel: +81-854-76-9050 Iinan Tourism Association

Trekking in the snowy forest even beginners can enjoy.

Let's enjoy trekking together with a guide through the mysterious scenery of the refreshing snowy forest!

Diphylleia grayi, the fairy in the forests is found in Mt. Oyogori!



In Mt. Kotobiki, many people enjoy trekking for all four seasons.



Iinan Town Furusato-no-Mori Forest

Oda 842-2, Iinan-cho

Children are frolicking in the flowing natural pool! Oh, cold!

Oda River is in the forest, which is cool even in summer. You can truly enjoy playing in the river.



Please come to this free-of-charge farm to view the peonies!

Akana Peony Farm for Tourists

Tel: +81-854-76-2992 Kami-Akana 1648-1, Iinan-cho

180 kinds of 25,000 large peonies are in full bloom.



Kotobiki Forest Park Ski resort

Tel: +81-854-72-1021 Sami 1151, Iinan-cho

Kids and families are welcomed!
Enjoy skiing in the winter of Iinan Town!

Various kinds of play equipment, such as a large slide, are available in the Kids Park!



Kotona-chan



Kotoru-kun

Always enjoyable in all seasons

Though it is not a gorgeous tourist resort, enjoy the relaxing Satoyama environment just the way you are, such as viewing peonies in full bloom in spring, jumping into a cold river in summer, picking apples from branches bent low with them in autumn and playing with snow excitingly in winter.

You can find many places to play with nature!

This town is filled with nature! There are many attractive places to play! Please come and enjoy here!



Akagi Kogen Apple&Blueberry Orchard

Tel: +81-854-76-3344 Shimo-Akana 2814, Iinan-cho

It may be sweet if its bottom is yellowish.

Pick blueberries in summer and nine kinds of apples in autumn.



After getting yamame, snap it up by char-grilling with salt!

Shizu-no-Sato Yamame-no-Tani

(The River of yamame: landlocked salmon)
Tel: +81-854-73-0002 Shizumi 351-1, Iinan-cho

Fish or catch with your hands?
Try to get yamame!





Enjoy one of the largest pristine beech forests in Shimane, including the Giant Beech at the summit!

It enshrines the Shinto kami (deity) Okuninushi, who is renowned for his miraculous ability to ward off children's diseases.



The mountain 1,014m above sea level on which all the Shinto kami (deities) gathering in Izumo-Taisha in October in the old calendar descend.

Kotobiki-yama Shrine in Mt. Kotobiki
Tonbara, Iinan Town

The path to Kotobiki-yama Shrine is said to bring luck to ward off children's nervousness!



Mt. Oyorogi
Iinan Town and Shobara City, Hiroshima

The mountain rising 1,218m above sea level on the Shimane-Hiroshima border!



Japanese mythology says this mountain was home to the goddess Tamayori-Hime. Now, it is said to be habitat of Japanese Luehdorfia, the goddess of spring.



Mt. Mengame
Shimoakana, Iinan Town

The mountain where the myth of Ninuriya (the red lacquered arrow from which the name of the mountain is derived) carries on.

The cosmos festival is held early in October, during which a million cosmoses are in full bloom. The poppy festival is also held in June.



Higasi Sanbe Flower Valley
Shitsumi, Iinan Town

Poppies or cosmoses decorating the field of around 10 ha



Rental charge
1,000 yen/ day
(9:00am to 5:00pm)
※Users must be 150cm or taller.
※Only ¥500 for Iinan residents!

bookings
essential

〈Iinan Rental Bicycle〉

【Business hours】9:00am to 5:00pm (closed on Wednesdays)

【Inquiries and Rentals】

Iinan Tourism Association
Michi-no-Eki (roadside rest area), Akagi Kogen
Shimoakana 880-3, Iinan-cho, Ishi-gun, Shimane

【Bookings and Contact】

Iinan Tourism Association Tel: +81-854-76-9050

※Please reserve bicycles no less than three days in advance.

※A town cycling map is available at the Iinan Tourism Association

Cycle around Satoyama!

Bicycles are a great way to explore Iinan Town. Experience the attractions of Iinan up close- stop and take in the vivid, green countryside, or head out to the mountains bursting with autumn colours.



The taste of freshly drawn cow's milk is nice.



Baa! Yuummy! Haaave!



Mountain and Marine Collabo-Ice Cream (Mountain x Sea)
Forest Ice Cream (Fresh milk)
Double Scoop Ice Cream Cone 360 yen
Ramune MILK-Do



Produced through the collaboration between Okinoshima Town and Iinan Town. Ice cream using locally produced fresh milk, fruits, and vegetables.

Tel: +81-854-72-1720 Hanaguri 48, Iinan-cho



Wani means alligator in Japanese, but here it also means shark fillets!

Wani Fry Plate Special 930 yen

Yamanami Restaurant
Michi-no-Eki Tonbara

Want is a traditional ingredient the locals love. It has a gentle and light flavour.

Tel: +81-854-72-1111 Hanaguri 48, Iinan-cho



Soba Noodles Topped with Maitake Mushroom Tempura 865 yen
Okuizumo soba noodle restaurant: Ippuku, Tonbara Main Shop



Dark noodles made from buckwheat ground together with the husks are very rustic with an intense flavor.

Tel: +81-854-72-0277

Tonbara 2322, Iinan-cho



Manager of the Main Shop:
Atsushi Negorogawa



Iinan Town Koryu Bussankan (Product Promotion Center) i Marche
 Okuizumo soba noodle restaurant:
 Ippuku Hiroshima Miyoshi Shop

You can find all the souvenirs and tourist information of Iinan Town here. Also check out the Direct-from-the-Farm Market where garden-fresh vegetables are sold!

Tel: +81-824-63-7533 Miyoshi-cho 141-1, Miyoshi City, Hiroshima



The chewy texture of thick maitake mushrooms is amazing!



Robin Hood's Chinese Food Therapy-Based Curry Rice 1,188 yen

Mrs. Robin Hood

The home-style dishes using the local ingredients based on the Chinese food therapy are popular, including authentic curry rice.

Tel: +81-854-76-9277 Kami-Kijima 1205-1, Iinan-cho



Rich with Okuizumo Wagyu beef and locally-produced vegetables.

Anyway,
you can't enjoy these wonderful specialties
any other place.



Plenty of dishes that pair well with a drink!

Yakitori Set (ten skewers) 1,404 yen
Atariya

Various dishes available, including Hiroshima-style okonomiyaki, and a-la-carte dishes such as sabazushi (sushi topped with marinated mackerel). Enjoy with local sake.

Tel: +81-854-72-0136 Tonbara 1596-1, Iinan-cho



Yamatoimo yam Teppan-yaki 476 yen

Izakaya Gudenguden

A dish using very sticky Yamatoimo yams, which is a specialty of Iinan Town that is very popular among women.

Tel: +81-854-76-3463

Nogaya 807-7, Iinan-cho



Japanese horseradish growing wild in the town is used as a secret ingredient.

"We are working as a cheer group for the specialties of Iinan Town,"

KOI Kikaku Furusato Kasseika Kenkyusho (KOI Planning Hometown Promotion Laboratory), Inc. Tel: +81-82-222-9903

"I grow good rice by a method of rice farming using ducks."
 Tomoaki Uyama Tel: +81-854-72-0827



Chaya Set 850 yen Uguisu-Jaya

A very hearty set menu. Soba noodles, rice, and vegetables used for it are all homegrown. Tofu is also homemade.
Tel: +81-854-73-0002 Shizumi 351-1, Iinan-cho

The tofu pulp salad is a very popular side dish.



Champon Ramen 800 yen Manpukutei

Soup is made with chicken, pork, seafood, vegetables, fruits and others. The nice flavors produced in Iinan Town are concentrated in the soup. Many kinds of ingredients are also excellent!

Tel: +81-854-76-2458
Shimo-Akana 498-6, Iinan-cho

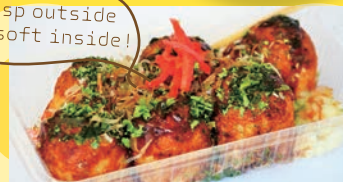


Owner: Mr. Katsube

When you can't see the owner, call out for him.



Crisp outside and soft inside!



Takoyaki (set of six) 350 yen Takoyaki Yu

Local speciality yamatoimo yams are mixed in with the batter, making these the softest, fluffiest takoyaki around!
Hanaguri 48, Iinan-cho
※Business hours are only 10:00am to 4:00pm on Saturday, Sunday, and national holidays.

Local foods and seasonal foods hit the spot.

Iinan Town blessed with the mountains and forests is proud of clean water and air. Vegetables grown in the fields here are very nice because sweetness is concentrated owing to the difference in temperature between days and nights. Enjoy the well-received tastes produced from abundant food materials!

Drink up, the soup is too good to leave!



Ramen: From 620 yen Oden: From 110 yen Kiraku Shokudo

Enjoy firm ramen noodles in a rich broth of soy, chicken and pork. The hearty oden is also a hit!

Tel: +81-854-72-0525
Tonbara 2247-2, Iinan-cho



Daily Lunch Special 700 yen Iko-no-Sato Kinukake

Various menus using Okuizumo pork and local vegetables are popular among tourists.

Tel: +81-854-76-2158
Kami-Akana 1663, Iinan-cho

The hearty lunch set loved by the local people.



Local food materials and specialties are fantastic!

Homegrown healthy vegetables are nice.



Plate Lunch 1,000 yen

Café & Handmade Goods Stitch

The weekly lunch special offers a lot of carefully hand-made foods served on a plate.

※Fixed holidays: Saturdays and Sundays
Tel: +81-80-8239-0735 Kami-Kijima 1038-2, Iinan-cho



Come on if you want to get drunk!

Come and have a local drinking party at this izakaya. Anyone can enjoy drinking with yakitori chicken grilled.

Izakaya Gudenguden Tel: +81-854-76-3463 Nogaya 807-7, Iinan-cho

If you drink alcohol, call the Akagi Taxi!

After you get drunk, call a taxi to go back home!
Akagi Kotsu Tel: +81-854-76-2065



Stay up very late together!

I will give information for enjoying nights in Iinan Town.

Warm your body
by the power of minerals.

Komyo Kogo Onsen Spa

Kotobiki Village Mountain Villa

As Komyo Stones borne by Abe Mine in Okayama are used, this hot spring warms your body to the bone, which is effective for healing nerve pain or relieving fatigue.

Tel: +81-854-72-1035 Sami 1199-3, linan-cho



WiFi
FREE



The hot spring doesn't fizz..

Tonbara Ramune Ginsen Spa

This is a rare therapeutic spa featuring both the properties of a carbon dioxide spring and a sodium bicarbonate saline spring. It is said that this spa was discovered by Okuninushi no Mikoto, a divinity of Japanese Shinto. As the hot spring water flows through the bathtub without circulation directly from the source, the color of the water changes every day. In addition, the hot spring water is allowed to be taken home for bathing at home.

Tel: +81-854-72-0880 Tonbara 1070, linan-cho



Though linan is a
small town,
there are many
characteristic spas!

Muddy thick yellow water

Kada no Yu Onsen Spa

Legend has it this locally loved hot spring was used by samurai generals to heal their wounds. The water is a gentle temperature so you can stay in a little longer. The water is a deep amber colour so be careful on the steps getting in and out! Gonbe Jaya restaurant is also available here for enjoying local cuisine.

Tel: +81-854-76-3357

Shimo-kijima 707-2, linan-cho



You can enjoy a spa tour here, too!



Drop in casually
to take a bath!

There are many famous spas around Mt. Sanbe. linan Town also has very attractive hot springs they are proud of, including a rare one in Japan and a one with exciting features. Enjoy talking with local people in a bathtub during a trip to the town, and we are sure that your body and heart will be warmed well.



"For our irreplaceable people and community."

linan Town Commerce and Industry Association Young Group Tel: +81-854-76-2118

"We are supporters for the farmers in linan- Town."

Shimo-Akana Farm Engineering, Inc. Tel: +81-854-76-9032



Marvelous works
by craftsmen!

You can see and experience
the traditional craft
that has passed down.

This town has dedicated to Izumo Taisha Shrine the large sacred straw rope called O-shimenawa since about 1955, and now is swamped with orders for straw ropes from shrines across Japan. Strong and flexible rice straws grown in this area are laid into sacred straw ropes called Shimenawa by the well-trained skills and intuition. Let's see the craftwork fostered by the whole town.



Various kinds of sacred
straw ropes for souvenirs!



O-shimenawa
Sosakukan



From a beginner level to an advanced level,
four courses of hands-on experience with
binding a straw rope are offered so that even
children can enjoy it. Let's have a try!

Tel: +81-854-72-1017 Hanaguri 54-2, Iinan-cho



Izumo Taisha Shrine's
straw rope is
made in Iinan Town, too!



I could bind a nice straw rope!



It's maybe a
power spot, isn't it?
Mysterious places in Iinan Town

Stroll around the post town Akana
on the route from a silver mine.
You might be able to see
the horses and people
carrying silver ores?!



When you stroll the road that connects the
Iwami Silver Mine and Onomichi with a guide
familiar with the history, you might
understand the feeling of people at that time
who carried silver ore with horses and cows.
Akana-juku on the silver mine route, Iinan-cho



Omotosugi
(Meoto-sennen-sugi:
Japanese cedars looking
like acouple living
happily for 1,000 years)



A Japanese cedar through
which the branches of a
maidenhair tree pierce

Though you may sometimes
have a marital quarrel,
nothing is more precious
than living in union.

As the interspace between two 1,000-year-old
Japanese cedars faces to Izumo Taisha
Shrine, the trees are said to have the power
of matchmaking. A Japanese cedar through
which the branches of a maidenhair tree
pierce can be also seen. Let's share the good
luck of the mysterious sacred trees!
Kami-Akana, Iinan-cho (Akana Hachimangu
Shrine)



The vast expanse of pure
white snowscape as far as
the eye can reach might
make your heart really pure!?

The whole Iinan Town is often covered
with snow in January and February.
When you see the pure white snowscape,
you might become pure in heart!

When you visit
Yuki Hachimangu Shrine,
you can see rare Koma-inu statue
pairs of lion-like creatures that
you can't see at any other place.

A series of special Shinto rituals, Shimeoroshi-sai
Himeno-shinji, and Touwatashi-shinji, has also
come down in this shrine.

Tonbara 1647, Iinan-cho (Yuki Hachimangu)



Tradition has it that you
might be able to
find a partner
for life if you visit
Akana Hachimangu Shrine!

The myth of Ninuriya that the Goddess
Tamayorihime gave birth to a child of God
called Oyamakui still exists in this shrine, so
it is a secret lucky spot for matchmaking!
Kami-Akana, Iinan-cho (Akana Hachimangu)

Campsites are also available!



※You can store your bicycle inside.

Kotobiki Village Villa

The villa is located against the vast backdrop of nature rich with greenery. In winter, many tourists visit for skiing. At night, relax in the Komyo natural rock bathtub.

Tel: +81-854-72-1035
Sami 1199-3, Iinan-cho



Michi-no-Eki (Roadside Rest Area) Tonbara Rest House Yamanami

Michi-no-Eki Tonbara is a rare roadside rest area in Japan as it offers overnight accommodations. Choose a room you like from Japanese-style ones and Western-style ones.



Good for both business and leisure!



Tel: +81-854-72-1111 Hanaguri 48, Iinan-cho

A fine-view bath is available at the fifth floor.



Tel: +81-854-76-2158 Kami-Akana 1663, Iinan-cho

Ikoi-no-Sato Kinukake

This lodge is located at the center of Iinan Town, which is easy of access to tourist spots. It also boast the broad view of Akana Peony Farm for Tourists seen from all the rooms.



Shaman Countryside Tourism Wildflower Guesthouse, Wakabayashi

A guesthouse located at the foot of Mt Oyorogi. The seasonal edible wild plants and homegrown vegetables, prepared into a range of dishes with love by the hostess, are a huge hit.



Exclusive access for one group per day!



Tel: +81-854-72-0304 Tonbara 1141-1, Iinan-cho

Shizu-no-Sato Kleingarten

Kleingarten refers to rental farms for long-staying citizens. Recommended for those who want to experience rural life during a vacation.

Tel: +81-854-73-0088
Shizumi 541-5, Iinan-cho



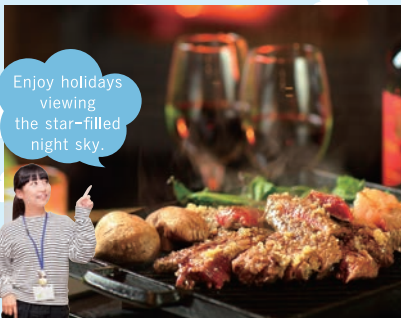
Enjoy leisurely hours at a Karuizawa-like resort in Shimane Prefecture.



Mori-no-Hotel Morinosu

Accommodations surrounded by beautiful greenery. In the lounge featuring a stylish space equipped with Asian furniture, enjoy spending your own time leisurely. Also enjoy a grill-style dinner broiling Okuizumo Wagyu beef and local ingredients on the spot.

Tel: +81-854-76-3119
Oda 842-2, Iinan-cho
※Closed for a certain period in a winter season.



Enjoy holidays viewing the star-filled night sky.

Once you stay, you will want to live.

Try a rural live for a year!



"We will make our life affluent by natural energy in Iinan Town."
Hokuyo Engineering Inc. Tel: +81-854-72-1034

"This is a company in Iinan Town surrounded by greenery."
Shimane Kasei Kogyo, Inc. Tel: +81-854-72-0950



A nice Japanese sake brewed from one of the rice-producing areas in SHIMANE.

Kinunomine

※For more information, contact the brewery.

Akana Shuzo Brewery

Saké made using only the highest quality rice produced in Iinan. Junmaishu (fragrant saké made from pure rice) is available too, meticulously crafted by brewers known as Toji.

Tel: +81-854-76-2016
Akana 23, Iinan-cho



Packed Fresh Soba noodles 810 yen, Okuizumo Fresh Soba Noodles 650 yen

Okuizumo soba noodle restaurant: Ippuku Tonbara Main Shop

The noodles feature a very chewy texture. As the hull is included in the buckwheat flour to make the noodles darker and more robust in flavor.



Tel: +81-854-72-0277
Tonbara2322, Iinan-cho

Iinan's very own home-cooked flavour

Tonbara mochi: 550 yen (450g)
Tonbara fresh miso: 550 yen (700g)
Tonbara pickles: 230 yen (140g)

Tonbara Processing Factory,
Unnan Area Headquarters,
Shimane Agricultural Cooperative

Rice cake and miso made from the abundant offerings of nature in this region.

Tel: +81-854-72-1001 Tonbara1063-1, Iinan-cho



You can find a lot of excellent items here!

Search Iinan's specialties!

Kindness of people and
You can find a lot of souvenirs that
Including the local foods
in the town blessed with nature and
those items seem to reflect the intimate

nice tastes of foods...
have great appeal of Iinan Town!
using the ingredients produced
goods featuring the town of straw ropes,
atmosphere of the town and people.



Apple Juice 680 yen
Apple Jam, Blueberry Jam 540 yen
Apple Drops 330 yen

Akagi Kogen Apple & Blueberry Orchard
They are sold at stores distributing them in the town.

Fruits grown by organic
fertilizer and
great affection

Rich tastes
of mature
apples and
blueberries.



A charm for physical
strength!
Woven sandals x I~nyan

I~nyan Strap: 648 yen ACT

A strap with a cute
charm featuring a
handmade Japanese
sandal and I~nyan,
Iinan's town mascot.

Tel: +81-80-1649-0408
Shimoakana 880-3, Iinan-cho



Inyan Strap: 980 yen

Oshimenawa Sosakukan

The well-rounded form of
Inyan is reproduced faithfully.
This strap may bring you good
luck if you take it with you.

Tel: +81-854-72-1017
Hanaguri 54-2, Iinan-cho

I~nyan will bring
you good luck!



Goenmusubi (Round straw rope for matchmaking)

500 yen

O-shimenawa Sosakukan
How about selecting rather authentic
Shinto straw festoons laid manually
one by one for a wish to come true?

Tel: +81-854-72-1017
Hanaguri 54-2, Iinan-cho

This is a miniature of Shimenawa,
a straw rope for bringing good luck.
Wish you can find your true love!



Brown Rice Pancake Mix: 648 yen Elise

You can cook delicious, healthy
pancakes easily at home with this
gluten-free, additive free pancake mix.

Tel: +81-854-76-9341
Akana 1664, Iinan-cho

With this mix, you can cook
brown rice pancakes easily!



"If you have bought a lot of souvenirs, use our home-delivery service. We offer a pickup service, too!"

Abe Unso Tel: +81-854-76-2307

"Search for 「エレメンツ オブ ライフ 飯南」 on the Internet!"
ACT Ilc. Tel: +81-80-1649-0408

Sweet cake for adults,
featuring the rich fragrance
and flavor of Japanese sake.

Kinunomine's Butter Cake

1,296 yen Kikkawa Kisseido

A confectionery that was established
more than 100 years ago. Rikyu
Manju, buns with bean-jam filling
that have offered since its foundation
are still popular, too.

Tel: +81-854-76-2023 Akana 26, linan-cho

Seasonal vegetables,
fruits, homemade tofu
are very popular!

Fruits, homemade tofu, etc.

※The prices may differ between producers.

Uguisu-Jaya farmer's market

Various products including seasonal
vegetables and fruits, homemade pickles, etc.
are available. Tofu made from locally-grown
soy beans has a reputation for excellency.

Tel: +81-854-73-0002
Shizumi 351-1,
linan-cho

Find products unique
to linan Town!

Hearty and juicy
shiitake mushroom!

Puritto shiitake mushrooms: 320 yen

Ishi Forestry Cooperative

Shiitake mushrooms cultivated
using forest cuttings and local
spring water. Juicy and rich in
flavour.

Tel: +81-854-72-0523
Sami 771-1, linan-cho

Snap at a cute boar
piglet-shaped bun!

linan Inoman (Steamed boar meat bun) Inocchi 210 yen

Grandia Akana-Toge

A steamed meat bun
filled with low-fat
and low-calorie rich
ground boar meat.

(Order by telephone)
Tel: +81-854-76-2988

Healthy cookies named
after a dialect word meaning,
"How are you?"

Mamenakane Brown Rice Cookies: 300 yen

Kogen-no-Sato Tsugaka Kobo

Baked, and made with hydraulically
treated brown rice, rich butter, and
saké lees. Healthy and tasty!

Tel: +81-854-72-1025 Tsugaka 308-6, linan-cho

A lot of cute goods made
by craftspeople in Shimane
Prefecture are offered.

There are many fans
of the natural taste
of the goods, some
of whom come all the
way to this shop.

Tel: +81-80-8239-0735
Kami-Kijima 1038-2,
linan-cho

Bag 2,000 yen
Pouch 1,000 yen

Café & Handmade goods Stitch

Ramune is the best
after a bath!

Tonbara-no-Ginsen 150 yen

Tonbara Ramune Ginsen

The refreshing sensation
of the fizzing carbonated
drink is wonderful. It is in
a retro-looking glass
bottle.

Tel: +81-854-72-0880
Tonbara 1070,
linan-cho.

Seasonal fresh vegetables,
supporting local growers

Paprika, pawpaw, etc.

※The prices may differ between producers.
Botan-no-Sato, local greengrocers

linan Town is the perfect environment
for growing nutrient-rich vegetables.
Vegetables sold here are stocked daily.

Tel: +81-854-76-9126
Shimoakana 880-3, linan-cho

"We produce and sell chemical-free vegetables, materials, and processed goods."
linan Bio Inc. Tel: +81-90-5261-8058

linan Town Map



1,126m above sea level (Mt. Osanbe)

Mt. Sanbe

↑ Izumo

↑ Mitoya

↑ Yoshida-Kakeya IC

Yamame-no-Tani

Shizu-no-sato Kleingarten

Michi-no-Eki (Roadside Rest Area) Tonbara
Ramune MILK-Do
Farmers' market
Buna-no-Sato
Takoyaki Yu

Uguisu chaya

Tonbara Ramune Ginsen Onsen Spa

1,218m above sea level

Matsue Expressway

JA Tonbara Processing Factory
Wild flower Guesthouse Wakabayashi

Mt. Oyogori

1,014m above sea level

O-shimenawa Sosakukan

Kada-no-Yu Onsen Spa

Grandia Akana-Toge

A-Coop Elsey
Guest House Nanten
Kiraku Shokudo restaurant
Tonbara Sogo Kaihatsu Inc.

GS (Tonbara Shoji)
Ishi Forestry Cooperative Maitake

GS (Takeuchi Gas Station)
Izakaya Atariya

Yuki Hachiman gu Shrine
Kotobiki Forest Park Ski resort

Hotel Kotobiki Village Sanso and Komyo Kogo Onsen Spa

JR Sanko Line

375

Akagi Kogen Apple & Blueberry Orchard

Akana Marshland Plant Community

Izakaya Gudenguden

Hotel Iwamiya

A-Coop Kijima

Akagi Kotsu

Surf n Turf Taro

Café & Handmade Goods Stitch

Mori-no-Hotel Morinosu



Michi-no-Eki (Roadside Rest Area) Akagi Kogen Bread & Soup Shop miel' Farmers' market Botan-no-Sato

Akana Hachimangu Shrine

Akana Peony Farm for Tourists

Restaurant Moebino

Elize

A-Coop Akana

Restaurant Kinukake

Okonomi-yaki Kirari

Hotel Restaurant Kinukake

Manpukutei

Cake shop Kikkawa Kisseido

Akana Shuzo Brewery

830m above sea level

Mt. Mengame

↓ Miyoshi

linan Town Koryu Bussankan (Product Promotion Center) i Marche

Enjoy linan by rental bicycle!

linan Bicycle Rental

Rental charge

1,000 yen per day

(9:00am to 5:00pm)

※Users must be 150 cm or taller.

For more information, see page 5.

bookings essential

↓ Miyoshi-Higashi IC