There is nothing attractive in Inan Town –

Everyone in this town says so; however,
each one has something to be proud of.

Then, what is the treasure of Inan 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, Okuizumo Wagyu beef, pickles, apples,
shitake mushrooms, maitake mushrooms,
boar meat, blueberries, yacon,

edible wild plants,

and the sacred music and dance

of Okuiishi Kagura…

We can cite with no bounds.

However, the true treasures are…

the kind-hearted people living in this town.

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

Time required for your trip to Inan Town
(Time is a rough estimate. Length is for the route.)

From Matsue Castle
Via Onomichi-Matsue Expressway (Yoshida-Kakeya IC),
Izumo Shinwa Kaido Road, and Route S4
About an hour and 20 minutes (78.8 km)

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

From Iwami Ginzan Silver Mine
Via Route 375 and Prefectural Road No. 166
About an hour (39.0 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)

Inan Town

Inan Tourism Association
Tel: +81-854-76-9050
Shimo-Akana 880-3, Inan-cho, Iishi-gun, Shimane 690-3513, Japan
Fax: +81-854-76-2040
Issued in January, 2017
Buckbeans
Helleborine
Pogonia

Japanese iris
Platanthera hologlottis
Drosera rotundifolia

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.”

Green Healing
Forest Therapy®

In the Linan 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.

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

“If you have any questions about the stones in Linan 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 Linan Town.”
Makihara Shoji Ltd. Tel: +81-854-72-0321

Guides with a professional license will take you to the area where you can see the lives of the season. Enjoy the nature of Linan Town through the five physical senses.
Egio Natures Guide Office
Tel: 050-5896-5318

“Linan Town is a museum of living nature”

Forget any and all bad or tiresome things, and take amazement and impression back with you.
You can find many places to play with nature!

**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!

**Akagi Kogen Apple & Blueberry Orchard**
Tel: +81-854-76-3344  Shimo-Akana 2814, Iinan-cho
180 kinds of 25,000 large peonies are in full bloom.

**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.

**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!

---

“Let us handle the cleaning of outdoor wear.”
Tonbara Laundry Ltd. Tel: +81-854-72-0036

“We will support the car life in Iinan Town with our techniques and sincerity.”
Iinan Automobile Service Factory Ltd. Tel: +81-854-76-2668
How about walking around the Satoyama area?

It is wonderful.

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

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

Mt. Oyorogi
Linan Town and Shobara City, Hiroshima

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

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

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

Mt. Mengame
Shimoakana, Linan Town

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

Higashi Sanbe Flower Valley
Shitsumi, Linan 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 160cm or taller.
- Only 950yen for Linan residents.

• Linan Rental Bicycle

Cycle around Satoyama!

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

[Inquiries and Rentals]
Linan Tourism Association
Michi-na-Eki (roadside rest area), Akagi Kogen
Shimoakana 880-1, Linan-cho, Iwami-gun, Shimane

[Bookings and Contact]
Linan 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 Linan Tourism Association.
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 Ilinan Town. Ice cream using locally produced fresh milk, fruits, and vegetables.
Tel: +81-854-72-1720 Hanaguri 48, Ilinan-cho

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, Ilinan-cho

Soba Noodles Topped with Maitake Mushroom Tempura 865 yen
Okuzumo 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, Ilinan-cho

Manager of the Main Shop:
Atsuji Negorogawa

The chewy texture of thick maitake mushrooms is amazing!

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

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, Ilinan-cho

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

Yamatoimo yam Teppan-yaki 476 yen
Izakaya Gudenguden
A dish using very sticky Yamatoimo yams, which is a specialty of Ilinan Town that is very popular among women.
Tel: +81-854-76-3463 Nogaya 807-7, Ilinan-cho

Iinan Town Koryu Bussankan (Product Promotion Center) Marche Okuzumo soba noodle restaurant: Ippuku Hiroshima Miyoshi Shop
You can find all the souvenirs and tourist information of Ilinan 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

“We are working as a cheer group for the specialties of Ilinan Town.”
KOI Kikaku Furusato Kasseika Kenkyusho (KOI Planning Hometown Promotion Laboratory), Inc. Tel: +81-82-222-9903

“Tomoaki Uyama” Tel: +81-854-72-0827

“I grow good rice by a method of rice farming using ducks.”
Tomoaki Uyama Tel: +81-854-72-0827
Local foods and seasonal foods hit the spot.

linan 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!

Champion Ramen 800 yen
Manpukutei
Soup is made with chicken, pork, seafood, vegetables, fruits and others. The nice flavors produced in linan Town are concentrated in the soup. Many kinds of ingredients are also excellent!
Tel: +81-854-76-2458
Shimo-Akana 498-6, linan-cho

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

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, linan-cho

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, linan-cho
※Business hours are only 10:00am to 4:00pm on Saturday, Sunday, and national holidays.

Daily Lunch Special 700 yen
|koi-no-Sato Kinukake
Various menus using Okuizumo pork and local vegetables are popular among tourists.
Tel: +81-854-76-2158
Kami-Akana 1683, linan-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, linan-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

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, linan-cho

Stay up very late together!

Homegrown hearty vegetables are nice.
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, 3linan-cho

---

**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 Ōkuninushi 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

---

**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, 3linan-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.

---

“We are supporters for the farmers in Linan- Town.”
Shimo-Akana Farm Engineering, Inc. Tel: +81-854-76-9032

---

“For our irreplaceable people and community.”
Linan Town Commerce and Industry Association Young Group  Tel: +81-854-76-2118
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.

Izumo Taisha Shrine’s straw rope is made in Linan Town, too!

Various kinds of sacred straw ropes for souvenirs!

O-shimenawa Sosakukan
From a beginner level to an advanced one, 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, linan-cho

It’s maybe a power spot, isn’t it?
Mysterious places in Linan 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 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.

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

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

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

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, linan-cho (Akana Hachimangu Shrine)

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, linan-cho

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 Tamayoriime 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, linan-cho (Akana Hachimangu Shrine)
Campsites are also available!

**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, linan-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.
Tel: +81-854-72-1111 Hanaguri 48, linan-cho

**Good for both business and leisure!**

**Iko-no-Sato Kinukake**
This lodge is located at the center of linan 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.
Tel: +81-854-76-2158 Kami-Akana 1663, linan-cho

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

**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, linan-cho
※Closed for a certain period in a winter season.

**Shaman Countryside Tourism Wildflower Guesthouse, Wakabayashi**
A guesthouse located at the foot of Mt Oyoroghi. The seasonal edible wild plants and homegrown vegetables, prepared into a range of dishes with love by the hostess, are a huge hit.
Tel: +81-854-72-0304 Tonbara 1141-1, linan-cho

**Exclusive access for one group per day!**

**Try a rural live for a year!**

**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, linan-cho

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

"This is a company in linan 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 linan. Jūnmaishū (fragrant saké made from pure rice) is available too, meticulously crafted by brewers known as Toji.
Tel: +81-854-76-2016
Akana 23, linan-cho

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...

Kindness of people and have great appeal of linan Town!

Search linan's specialties!

Fruits grown by organic fertilizer and great affection.

Rich tastes of mature apples and blueberries.

A charm for physical strength!
Woven sandals x I'nya

I-nya Strap: 648 yen

A strap with a cute charm featuring a handmade Japanese sandal and I-nya, linan's town mascot.
Tel: +81-80-1649-0408
Shimoeakana 880-3, linan-cho

I-nya Strap: 980 yen

Oshimenawa Sosakukan

The well-rounded form of I-nya is reproduced faithfully. This strap may bring you good luck if you take it with you.
Tel: +81-854-72-1017
Hanaguri 54-2, linan-cho

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, linan-cho

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

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

Okuzumo 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, linan-cho

Fresh buckwheat noodles are available only at this main shop!

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, linan-cho

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

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, linan-cho

"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 被る」on the Internet!"
ACT inc. Tel: +81-80-1649-0408
**Kinunomine’s Butter Cake** 1,296 yen Kikkawa Kisseido
A confectionery that was established more than 100 years ago. Rikyu Maru, buns with bean-jam filling that have offered since its foundation are still popular, too.
Tel: +81-854-75-2025 Akana 26, linan-cho

**Find products unique to linan Town!**

**Buna-no-Sato farmer’s market**
Located next to the Tonbara Michi-no-Eki (roadside rest area), selling products fresh from farms. Great highland vegetables and hardy flower seedlings are popular.
Tel: +81-854-72-1530 Hanaguri 48, linan-cho

**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

**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

**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.
(Oder by telephone)
Tel: +81-854-76-2988

**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 308-5, linan-cho

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

**Snap at a cute boar piglet-shaped bun!**

**Purallo 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

**Hearty and juicy shiitake mushroom!**

**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