

Taste the countryside.

Sharp drop in temperatures at night, clear waters, clear air

Produce and livestock, grown and raised with care

Experience lively village life and the great outdoors

Fine items woven by craftsmen with a refined worldview and

using only the finest material

Seasonal tree-lined roads reflected in train windows

Countryside scenes and beautiful mountains stretching out for  
miles and miles

Just one hour from Osaka

Creating, experiencing, enjoying, landscapes of greenery

Sanda, a place you can taste countryside

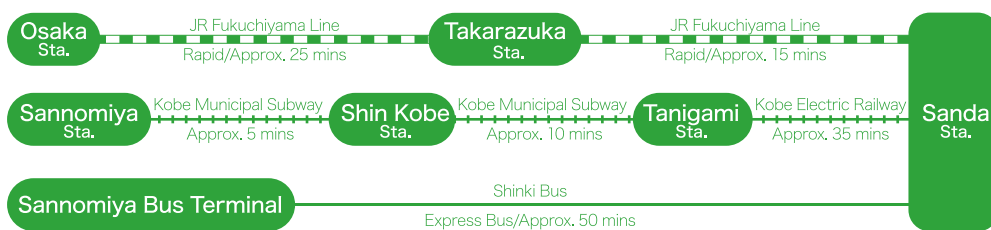
The items in this pamphlet just scratch the surface of what  
Sanda has to offer.

Now, let's taste the countryside...

Taste the Countryside

# SANDA

Hyogo, Japan



'Kippy Navi' Tourism Information Center provides information on sightseeing in Sanda City.  
1-31 Ekimae-cho, Sanda City, Hyogo Pref., Japan 669-1528 TEL:079-563-0039

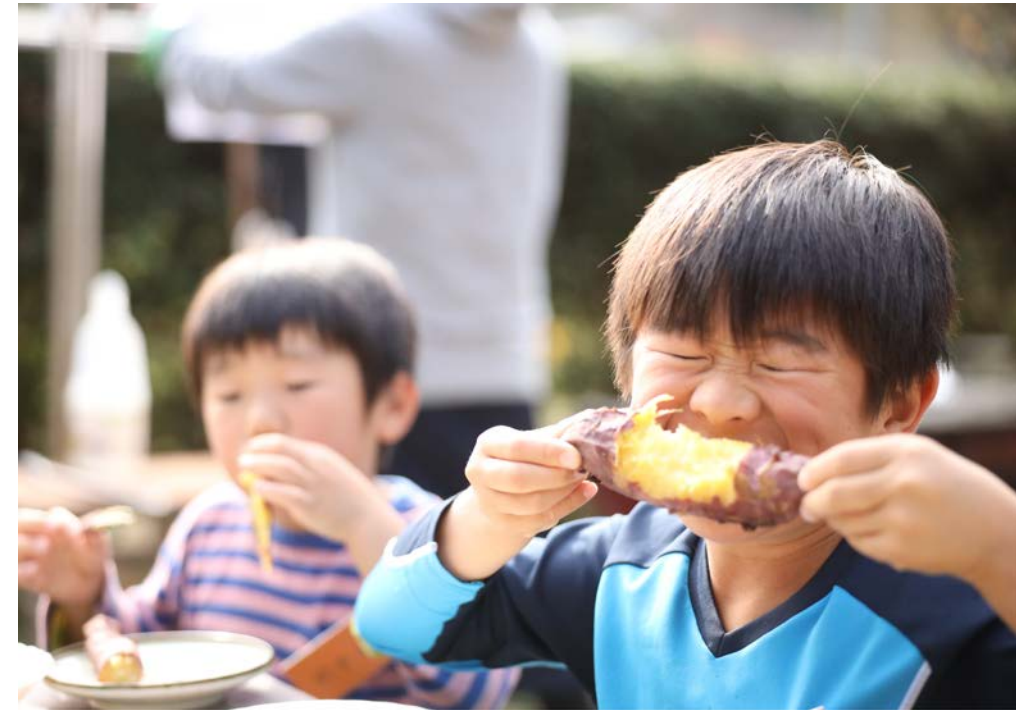
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# Taste the nature NATURE

Feel Japan's countryside, just one hour from Osaka

## Takahira Area



Baked sweet potato



Firewood chopping



Farming experience

### Everyday is extraordinary

Connect with the nature and people on a deeper level, just as if you lived here too. Feel Japanese traditions by spending even a holiday as if you lived here. Do you want to throw off that feeling of being treated like a guest and become a local? Then you'll find just the perfect place in Takahira. Takahira has a nostalgic countryside scenery that can be enjoyed through the four seasons. Many 9-5 workers tired of urban living, families seeking to let their children with nature,

and diverse people from distant cities and overseas visit this area. Work on chopping firewood, use it to cook up some rice, and even to heat up your bath. Local farmers provide vegetables, and huntsmen share their catch. At night visitors can gaze at the fireflies with youthful admiration. Sanda is not just a place to take in the scenery and see local life, visitors can let the natural experience wash over them. Some of the hands-on experiences available are organic farming, forest maintenance, miso

making, bonfire building, amago grabbing, shime rope making, and anko making. Share these experiences with the locals. If you sit at our table, you are part of the local community. This kind of living in harmony with Japan's ancient nature has preserved its hillsides and forests. Life as it is lived here could be the link to a solution to issues in modern Japan such as abandoned cultivated land and devastated hillsides. Why not see the wonders of rural Japanese life in Takahira for yourself?



Honey making ▲ ▼ Rice cake making



### Tasting the wild game of Takahira

Gun owners venture into the mountains to catch game, taking special care of their hunting and rearing methods, to produce perfectly aged game dishes.

Not only boars and deer but also pheasants are grilled with charcoal fire on portable clay cooking stoves. There is no gamey smell, as the aroma of the meat and fat spreads in your mouth.



# Taste the people PEOPLE

Artists from Sanda active on the world stage



Susumu Koyama

President of PATISSIER eS KOYAMA

es koyama

interview

## Expression created at a patisserie in Sanda

When I was a child I would be amazed by stag beetles I caught, or fish I caught from the river, and these experiences are the origin story of how I go about making things today. I believe that making something starts with conveying your feelings of amazement, or emotions, feelings, or experience of something to another person. The main reason I chose Sanda for my store was because it is close to abundant nature just like I know from my childhood, and I felt that it would be a place where I could focus on getting

more input in my daily life. For me, a store is a place of self-expression. If you have 100 creatives, not every single one of them will create things in such an environment, but I wanted to live in a place that would be an instigating factor for me to create continuously, and if I'm going to do so with a commercial purpose, then I want to create in a place where I can be in my most natural state. It goes without saying that, if you're going to run a patisserie, it's vital for your products to taste good. But for sweets,

you can add various elements outside the taste, combining certain cakes or sweets with certain packaging for a pretty result. The place that sweets are made also add to their uniqueness. This is my approach to originality. And customers who come here, come here for this. Sanda can be reached by car or train, and those who visit here say "It's a really nice place" or somewhere "I want to live". I think that the excitement that you can feel even on the way here is one of the draws innate to a patisserie in Sanda.

In cooperation with : PATISSIER eS KOYAMA



Shingu Susumu

Sculptor

Photo by Takayama Shizuo



Kansai International Airport, Japan



Chambord castle, France

## Thinking about the future through Art

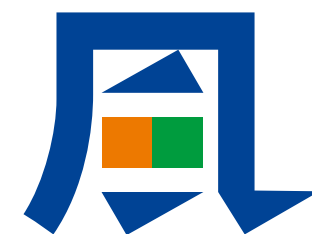
Disasters and the like are occurring on a global scale. As artists we appeal to many people regarding the various problems of the world. This is the wish of Susumu Shingu. He believes that art and culture will be preserved

by writing them down in language, and he uses his art as a novelist and picture book writer to carry out a variety of activities. His art lies in trying to convey various messages to us as we live our lives moving into the future.

## From Sanda to the World.

Susumu Shingu continues to communicate the challenges of our global environment and future ways of living through his own works. While watching nature daily that is subject to change, he devotes himself to his creative efforts here in the remote rural area of Sanda. His works so far were all made

possible because of being in Sanda. Shingu's entire body of masterpieces, that are born through his subjective perspective cultivated by traveling back and forth between Japan and overseas and Sanda's unique nature, can be enjoyed at the Wind Museum in Sanda City.



Wind Museum

Most of the works in the Wind Museum were created in Sanda. Shingu's works do not set out to set themselves apart from other works, they are simply something artificial born from nature. Take a close look at the natural born sculptures that sprout straight from the ground.



Wind Museum, Japan



# Taste the food

FOODS

Gastronomy woven by the climate of Sanda

## Sanda Strawberry



interview

### Flavors born through surviving the harsh winter cold

In the Hokusetsu area where Sanda is located, there is a significant difference between morning and night time temperatures. This is the perfect climate for growing strawberries as they get plenty of sun during the day, and at night as the temperatures drop the strawberries develop a sweetness by storing sugar content as they try to survive the cold. This kind of climate makes strawberries sweet, crunchy, and delicious. And Sanda strawberries are grown in just this kind of climate. What's more, Sanda strawberries are

grown on raised shelving in what is known as elevated cultivation. If you visit as a family, the strawberries are both easy for children to reach, as well as being just the right height so that elderly people can enjoy picking strawberries without having to bend over. This is also a popular date spot with couples. The path is well kept, so it's very easy to walk and avoid falls, etc., so visitors don't have to worry about their clothes getting dirty. Almost all of the strawberry farms in Sanda now use an elevated cultivation system.

In cooperation with : Shinsanda Farm Inaoka



Sanda

Beef

### Have you heard of 'Sanda Beef' ?

Just as with Kobe beef, Sanda beef is Tajima beef cattle fattened in Sanda City. The environment in Sanda, including a climate with severe temperature changes, mineral-rich water, and clear air, is the reason why Sanda beef is said to be slightly different to other meats even of the same grade. Comparisons aside, Sanda beef is soft, fragrant and aromatic. You can enjoy it

cooked lightly seasoned with salt and pepper. You can also enjoy it as sukiyaki, shabu-shabu (hot-pot), and yakiniku. Furthermore, the highest quality cream of the crop Sanda beef is called "kai". Its rarity gives it a higher value, and the highest quality guaranteed. Sanda awaits even just one more person to visit and try its wonderful Sanda beef.

In cooperation with : Sanda City Beef Industry Promotion Association