

Agritourism in Miyazaki

Miyazaki is blessed with a lot of wonderful natural scenery, lush green mountains and beautiful coastline. Due to the ongoing pandemic, it has been tricky to enjoy traveling and leisure like usual, but, little by little, we are starting to be able to enjoy our free time a bit more. That's why, in this month's *Living in Miyazaki*, we'd like to talk a little about Agritourism and how it happens in Miyazaki.

Agritourism is a form of leisure travel based around experiencing nature and traditional culture in rural farming, mountain and fishing villages. Miyazaki's rural villages abound with wonderful natural scenery, rich culture and history, and, of course, great agricultural produce - these resources are also cared for by a lot of great people. A stay in a traditional farming community, which allows visitors to experience a traditional way of life unique to Miyazaki while having fun interacting with the local people, is a very different experience from a typical holiday spent rushing around tourist destinations – it gives you a chance to get back to nature in a rural village and spend some time relaxing while enjoying some unique experiences, and refresh your body and mind.



Here are a few places in Miyazaki where you can stay in a rural community and experience Agritourism:

- In Nobeoka, besides staying in rural communities, visitors can also experience sea fishing, snorkeling, canoeing and sea kayaking – it's a great chance to enjoy a wide variety of activities in the mountains, river and sea.

For more information, please check the Nobeoka Furusato Tourism website:
<http://tourism-nobeoka.jp/>

- In June and July, the village of Morotsuka offers visitors the chance to pick tealeaves and make *kama-iri cha* (tea prepared in an iron pot), as well as a wide range of other experiences, such as climbing the mountain of Kurodake, often referred to as a treasure trove of rare plant life.

For more information, check the website of the Morotsuka Tourism Association:
<https://www.morotsuka-tourism.jp/>

- The village of Shiiba offers visitors various experiences, such as the chance to practice yoga while enjoying the view of the distant mountains from a traditional house, or interacting with the locals while making *inaka miso* (a rustic variant of miso paste).

Check the Shiiba Tourism Association's website for more information:
<https://www.shiibakanko.jp/>

- In the area of Kobayashi, Ebino and Takaharu, visitors can enjoy getting their hands in the soil and working up a sweat doing some farming, and can also try staying the night in a traditional farmhouse, visiting lush forest valleys or stargazing in the clear night sky. For more information, please check the website of Kitakirishima Inaka Monogatari: <https://kitakirishima.com/>
- Besides the above, information on agritourism, Forest Therapy and other nature-themed experiences is available on the website of the Miyazaki Tourism Association: <http://miyazakitourism.com/>

How about getting back to nature and discovering a new side to Miyazaki by experiencing the life and livelihoods people used to lead here long ago?

※The original Japanese version of this article will be uploaded onto the website of the Miyazaki International Foundation soon.

If you have any questions, comments, or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

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Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email support@mif.or.jp