

Laugh and You'll Feel Fine.

Talk and You'll Feel Fine.

笑一笑，心情舒暢。

聊聊天，心情舒暢。



Department of Agriculture, Forestry and Fisheries, Agricultural Village Department Division,
Okayama Prefectural Government
岡山縣農林水產部農村振興課

Land of Sunshine Okayama Farm-Inn Network Promotion Council
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make sure
to read.

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※本導覽手冊為實際應用於廣域網路推進事業而作成。

請務
必閱讀。



Land of Sunshine Okayama
Farmhouse Lodgings
晴天之國岡山
農家民宿

Smile and feel refreshed.
心情愉快舒暢。

Smile and feel refreshed. 心情愉快舒暢。

If city life makes you feel pressed for time day in and day out, why not take time out with a visit to *satoyama* and *satoumi* from time to time? Come to a land surrounded by fresh air and rich nature, comfortable lodgings and experiences that let you commune with nature through farming, forestry and fishery activities, and spend time with people with warm hearts, folksy charm and hospitality who await your arrival. In the Land of Sunshine Okayama, you will feel refreshed and exhilarated.

對於生活在街中，每日被時間追趕而疲憊的您，不妨抽時去探訪一下里山、海，她能讓您忘卻時光流逝。在空氣清新及豐饒自然中，住宿於寧靜溫馨民宿，體驗接觸自然的農林漁業生活之情趣，等待您的是純樸、濃厚的人情味，樸實無華的熱情款待。岡山縣晴天之國，一定會讓您的心情豁然開朗，身心愉悅舒暢。

Land of Sunshine Okayama
Farmhouse Lodgings
晴天之國岡山
農家民宿

What are Farmhouse Lodgings in the Land of Sunshine Okayama? 何謂晴天之國 岡山農家民宿？

Farmhouse Lodgings are rustic lodgings operated by members of the "Land of Sunshine Okayama Farm-Inn Network Promotion Council" established by Okayama Prefecture that offer opportunities to experience farming, forestry and fishery activities. Farmhouse lodgings in the Land of Sunshine Okayama and people in farming, mountain and fishing villages offer warm hospitality through experiences, meals and lodging that can only be enjoyed in each of their unique villages.

岡山縣設立的「晴天之國岡山農家民宿網路推進協議會」會員經營的簡易住宿所可以體驗農林漁業生活。晴天之國岡山農家民宿，與農山漁村地區住民一起，熱誠地向住宿客人提供只有這塊土地上才能體驗的人文風情、飲食、住宿之服務。

Table of Contents 目錄

03	The Charms of Farmhouse Lodgings in the Land of Sunshine Okayama 晴天之國岡山 農家民宿的魅力	16	Experience Report from Guests 住宿客人體驗訪談
05	Introduction to Farmhouse Lodgings in the Land of Sunshine Okayama 晴天之國岡山 農家民宿簡介	17	Recommended Tourist Spots 推薦觀光景點
	Bizen Area, Bicchū Area and Mimasaka Area 備前地區、備中地區、美作地區	19	Meals at Farmhouse Lodgings in the Land of Sunshine Okayama & Local Gourmet Soul Food 晴天之國岡山 農家民宿的飲食及當地美食
	Q&A - Frequently Asked Questions - 問&答～常見提問～	21	Map & Access 地圖、交通



Talk and You'll Feel Fine. 聊聊天，心情舒暢。

Farmhouse Lodgings in the Land
of Sunshine Okayama are
not just a "Place to Visit"
but a "Place to Return to."

「你回來啦」比

「歡迎光臨」更合適。

晴天之國岡山農家民宿。

Lodgings to feel relaxed in idyllic seasons and nature and experience the warmth
of locals in farming, mountain and fishing villages in Okayama.

可以體會岡山的農山漁村地區的寬舒季節、自然與人情溫暖的民宿。



Mountains and Sea Offer Different Ways to Spend Time

Okayama Prefecture has both mountains and sea. One of the attractive features of Farmhouse Lodgings is that you can experience life rooted deep in the area and around the four seasons. For example, enjoy harvesting locally grown produce and making *tofu* in a mountain village; or enjoy fishing and experience fishing life in a coastal village.

山有山的， 海有海的生活方式。

依山傍海的岡山縣。在山間地區可以收割農作物、做豆腐等，而在沿海地區可以釣魚、參觀漁村生活等，一年四季都可以體驗根植於當地的生活方式，這正是農家民宿的魅力所在。



Enjoy Your Time Spent as if You Moved and Lived There

"I want to live in an idyllic place surrounded by rich nature that changes with the seasons!" Then, you will enjoy life at Farmhouse Lodgings where you will live with the seasons.

像居住此地般過日子， 體驗短暫的移居生活。

如果你想「在四季分明，充滿自然生機，悠閒自在的地方生活！」，那就體驗一番隨季節變換的農家民宿生活吧。



Local Cuisine from the Mountains and the Sea

Enjoy local cuisine at Farmhouse Lodgings using fresh ingredients that are unique to each farming, forestry and fishery village. At lodgings where you can experience harvesting, also enjoy making and eating local cuisine using ingredients you have just harvested!

* Some facilities do not offer meals. For details, contact each facility.

山珍、海味， 把最新鮮的物產做成鄉土料理。

農家民宿和農山漁村地區的料理店的樂趣就是使用新鮮採摘和捕獲的當地特有食材製成鄉土料理。另外，在有收割體驗活動的民宿，還能體會自己收割、製成、自己品嚐的樂趣！
※部分設施不提供餐食。詳情請諮詢各設施。



Just Spend Time Relaxing

If you are always worried about time in your everyday life, why not stay at the Farmhouse Lodgings to forget about time. Only the rhythms of the season and nature are the clock of life. Spend some time to free your mind and body.

只想這般， 悠閒度日。

被時間追著跑的忙碌日常。忘記時間，來農家民宿吧。只有季節和自然的節奏是生活的時鐘。將自己交給心靈和身體的聲音，度過最真實的時間。



Laugh and You'll Feel Fine.

笑一笑， 心情舒暢。

Your body moves naturally and
harmonizes with nature at
farmhouse lodgings in the Land
of Sunshine Okayama.

身體本能活動，

身體回歸自然。

晴天之國岡山農家民宿。

Commune with the mountains, sea and nature. Experiences that bring joy to life.

與山與海，與自然的交流。不斷感受生活喜悅的體驗。



Harvest the Bounty of the Fields and the Sea

Harvest and pick seasonal vegetables and fruits in a mountain village, or catch fish by rod or net along the shore. Precious experiences that offer a sense of appreciation for nature and the joy of savoring your freshly harvested ingredients await you.

收穫來自田間 與大海的饋贈。

請一定親自去山間地區採摘當季的蔬菜和水果，去沿海地區釣魚或用拖網打撈海中珍饈。體會對自然的感謝之情，感受先勞作再吃飯等珍貴體驗在等待你。



Drum Bath and Firewood Oven

Some Farmhouse Lodgings offer the experience of using time-honored tools, implements and furnishings. Gain firsthand knowledge of the wonderful wisdom and ingenuity of people and their lives from long ago through a drum bath, *goemonburo* bath, firewood oven and pizza oven.

油桶浴桶和 燒柴的爐灶

部分農家民宿可以體驗從前的生活道具。油桶浴桶、五右衛門浴桶、燒柴的爐灶、披薩窯等，請親自感受先人們的卓越智慧與創意。



Observe Nature and Play in Nature

At Farmhouse Lodgings surrounded by mountains and the sea, enjoy time-honored recreation activities such as catching insects, playing by a river, swimming, observing animals and plants, star gazing at night, caving and much more. Lose track of time and even forget about smartphones and TVs.

觀察自然， 在自然中嬉戲。

環山環海的農家民宿有豐富的捉昆蟲、河邊嬉戲、海水浴、觀察動植物、觀賞星空、洞窟體驗等非常多以前就有的遊戲。即便沒有智能手機和電視，應該也能樂在其中。



Experience Making Handmade Goods and Artwork

In each village, experience various creative activities using nature as your materials. Have fun creating works with your own hands such as accessory cases made of wild boar leather, picture letters and plant dyeing that express your own artistic sense.

手工物件與 藝術體驗。

在各個地區還可體驗用自然作材料的各種創作。野豬皮做的皮夾子、繪手紙、草木染等。請用自己的品位感受和雙手，享受創作的樂趣吧。



Bizen Area 備前地區

[About meals] For details on meals or cooking experience, contact each lodging facility.

【餐食】有關餐食的提供、料理製做體驗之詳情，請諮詢各住宿設施。

01 Farmhouse Lodging Micchan 農家民宿 Micchan



Savor seasonal local cuisine
飽嚐季節之鄉土料理。

Experience Programs 體驗項目



- "Yoseue" (group planting) (all year round)
- Boar skin leather crafting (all year round)
- Picture letter making (all year round)
- Farming (all year round), and more.



- 種植體驗(年中)
- 野豬皮小工藝品製做體驗(年中)
- 製做繪手紙體驗(年中)
- 農活體驗(年中)等

Recommendation Comment 特色介紹

I love cooking! Thankfully, people come from all over to eat my home cooking. If you stay overnight, let's enjoy country-style cooking together using seasonal vegetables and wild boar meat. We also offer plenty of leisure activities such as "yoseue" group planting, crafting small articles, and so on.

我很喜歡做料理！來自全國各地的客人特意到這裡吃我做的料理。住宿時，我會與住宿客人一起使用時鮮蔬菜、野豬肉等烹做鄉村料理。還可體會種植體驗、製作小裝飾品等各種遊玩之樂趣。



A charming folk house surrounded by flowers and greenery has a spacious living room and bath equipped with amenities for a comfortable stay. Enjoy cooking for yourself. We also support halal food (*).

座落於花卉簇擁、綠色掩映之中的可愛民家。寬敞的居室、洗浴間，洗滌用品齊全，逗留舒適。當然可以自己做饭，還可對應穆斯林料理(※)。

(*) Foodstuffs and dishes permitted under Islamic Law.

DATA

● Address / 535-2 Yoshikawa, Kibichuo-cho, Kaga-gun ● TEL / 0866-54-1301 (Kibi-Chuo Town Farmhouse Lodgings Promotion Council Secretariat) ● Accommodation capacity / 9 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults ¥8,000; High school students ¥6,500; Elementary and junior high school students ¥5,500; Children under elementary school age free ● Website / <http://kibichu.net/> ● Access / About 60 minutes by bus bound for "Kibi Kogen Toshi" from JR Okayama Station to "Kibi Plaza" with pick-up and drop-off service available from the bus stop; About 15 minutes by car from the Kayo IC on the Sanyo Expressway; About 30 minutes by car from Okayama Momotaro Airport

DATA

● 地址／加賀郡吉備中央町吉川535-2 ● 電話／0866-54-1301(吉備中央町農家民宿推進協議會事務局) ● 住宿定員／9名 ● 營業期間／全年 ● 住宿費(一例)／僅住宿：大人8,000日圓、高中生6,500日圓、中小學生5,500日圓、學齡前兒童免費 ● Web／<http://kibichu.net/> ● 交通／從JR岡山站搭乘前往「吉備高原都市」公交車約60分鐘，在「吉備綜合設施」下車，接送／從山陽自動車道賀陽IC車程約15分鐘／從岡山桃太郎機場車程約30分鐘

02 Farmhouse Lodging Ikenoue 農家民宿 池之上



Experience local history and customs
體驗地區的歷史及風習。

Experience Programs 體驗項目



- Mystical walking experience (all year round)
- Worship (all year round)
- Festival observations (October)
- Farming (all year round), and more.



- 充滿神秘感的散步(年中)
- 參拜神社(年中)
- 參觀祭典活動(10月)
- 農活體驗(年中)等

Recommendation Comment 特色介紹

Our family has been offering black soybeans to the local god for generations. Enjoy cooking black soybean dishes with us or by yourself! If you stay overnight, rise early and take a walk in the mist-shrouded land. Experience our grand old customs such as visiting the local shrine.

祖先代代向當地神佛供奉黑豆的農家。住宿客人可以和我們一起做或者自己做黑豆料理！住宿期間，最好早早起床，去感受在晨霧中散步的情趣。參拜神社等可以體驗古老美好之風習。



A quaint and rustic folk house that is more than 120 years old is furnished with a spacious LDK and firewood stove, providing a comfortable place to stay. The traditional black soybean dishes are also exquisite!

築有120年以上歷史的古老民房，充滿古色風情，LDK(客廳、餐廳、廚房)等寬敞舒適，燒柴火爐、設備齊全，在此可以體會舒適逗留的樂趣。這裡的傳統黑豆料理堪稱美味絕品！

DATA

● Address / 1355 Ueda-Higashi, Kibichuo-cho, Kaga-gun ● TEL / 0866-54-1301 (Kibi-Chuo Town Farmhouse Lodgings Promotion Council Secretariat) ● Accommodation capacity / 5 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults ¥8,000; High school students ¥6,500; Elementary and junior high school students ¥5,500; Children under elementary school age free ● Website / <http://kibichu.net/> ● Access / About 60 minutes by bus bound for "Kibi Kogen Toshi" from JR Okayama Station to "Kibi Plaza" with pick-up and drop-off service available from the bus stop; About 15 minutes by car from the Kayo IC on the Sanyo Expressway; About 30 minutes by car from Okayama Momotaro Airport

DATA

● 地址／加賀郡吉備中央町上田東1355 ● 電話／0866-54-1301(吉備中央町農家民宿推進協議會事務局) ● 住宿定員／5名 ● 營業期間／全年 ● 住宿費(一例)／僅住宿：大人8,000日圓、高中生6,500日圓、中小學生5,500日圓、學齡前兒童免費 ● Web／<http://kibichu.net/> ● 交通／從JR岡山站搭乘前往「吉備高原都市」公交車約60分鐘，在「吉備綜合設施」下車，接送／從山陽自動車道賀陽IC車程約15分鐘／從岡山桃太郎機場車程約30分鐘

03 Farmhouse Lodging Yuki-chan 農家民宿 Yuki-chan



Enjoy all four seasons in the mountains
春夏秋冬，飽嚐遊山玩水之樂趣。

Experience Programs 體驗項目



- Jam cooking (all year round)
- Playing by the river (summer)
- Bungalow (half-day camping) (all year round)
- Barbecue (all year round)
- Vegetable harvesting (all year round), and more.



- 做果醬體驗(年中)
- 河邊嬉戲(夏季)
- 山間小屋(半日露營)(年中)
- 野外烤餐(年中)
- 蔬菜收割體驗(年中)等

Recommendation Comment 特色介紹

Enjoy playing by the river and barbecuing in the bungalow area alongside the river, a few minutes car ride away from the Inn. Experience a farmer's life and the activities of the four seasons, such as harvesting vegetables, mushrooming, collecting wild vegetables, and more. Come visit us with your whole family!

在車程數分鐘的河邊山間小屋區可以感受河裡戲水、野外烤餐等的樂趣。此外，還可享受收割蔬菜、摘蘑菇、採山菜等，四季的農家生活、遊玩之情趣。熱誠歡迎與家人一同光臨！



Stay at an old-style Japanese house, relaxing in a Japanese-style room with atmosphere. Let's make *mamakar* (herring) sushi and *saba* (mackerel) sushi with the lady of the house!

讓人感受昔日風情的日本農家住宿。在有著濃郁鄉土氛圍的和室(日式住房)悠閒舒適地享受美好時光。在這裡，還可以和女房東一起做鮒(飯僂)壽司、青花魚壽司等！



DATA

● Address / 3649 Suwatani, Kibichuo-cho, Kaga-gun ● TEL / 0866-54-1301 (Kibi-Chuo Town Farmhouse Lodgings Promotion Council Secretariat) ● Accommodation capacity / 4 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults ¥8,000; High school students ¥6,500; Elementary and junior high school students ¥5,500; Children under elementary school age free ● Website / <http://kibichu.net/> ● Access / about 60 minutes by bus bound for "Kibi Kogen Toshi" from JR Okayama Station to "Kibi Plaza" with pick-up and drop-off service available from the bus stop; About 15 minutes by car from the Kayo IC on the Sanyo Expressway; About 30 minutes by car from Okayama Momotaro Airport

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● 地址／加賀郡吉備中央町岨谷3649 ● 電話／0866-54-1301(吉備中央町農家民宿推進協議會事務局) ● 住宿定員／4名 ● 營業期間／全年 ● 住宿費(一例)／僅住宿：大人8,000日圓、高中生6,500日圓、中小學生5,500日圓、學齡前兒童免費 ● Web／<http://kibichu.net/> ● 交通／從JR岡山站搭乘前往「吉備高原都市」公交車約60分鐘，在「吉備綜合設施」下車，接送／從山陽自動車道賀陽IC車程約15分鐘／從岡山桃太郎機場車程約30分鐘

04 Farmhouse Lodging Yamato 農家民宿 大和



Experience seasonal farming activities
不同季節的農活體驗。

Experience Programs 體驗項目



- Large farm equipment experience (all year round)
- Bamboo-ware crafting (all year round)
- Wild vegetable collecting (late April - early June)
- Making New Year's decorations (December)
- Vegetable harvesting (all year round), and more.



- 大型農機具體驗(年中)
- 竹編工藝體驗(年中)
- 採山菜體驗(4月下旬~6月上旬)
- 製做新年裝飾品體驗(12月)
- 蔬菜收割體驗(年中)等

Recommendation Comment 特色介紹

Songs of birds, sounds of the wind shaking the trees, night sky with twinkling stars - visit us at "Yamato" to indulge in abundant nature. Experience various farming activities, such as operating large farm equipment, cropping rice, mushrooming, collecting wild vegetables, etc. Harvested vegetables can be shipped to you later.

歡迎您光臨充滿自然風情的「大和」。在這裡可以傾聽悅耳的鳥鳴之聲、微風拂過的樹葉搖曳之聲，觀賞繁星燦爛的夜空。此外，還可以體驗操縱大型農機、製作大米、摘蘑菇、採山菜等各種農業活動。做好的農作物日後會寄送給您。



Enjoy the colorful seasonal nature from a Japanese-style house located on a hill. A dinner-time attraction is to cook and eat together as a family. Savor the home-grown *namba-mai* rice and freshly picked vegetables.

從地處高崗的日本農家可以眺望四季丰采的自然風光。作為家族一員和大家一起做飯做菜共享美食是晚餐的魅力所在。請飽嚐自家栽培的難波大米和剛摘採的新鮮蔬菜做成的料理。



DATA

● Address / 2242 Miyachi, Kibichuo-cho, Kaga-gun ● TEL / 0866-54-1301 (Kibi-Chuo Town Farmhouse Lodgings Promotion Council Secretariat) ● Accommodation capacity / 12 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults ¥8,000; High school students ¥6,500; Elementary and junior high school students ¥5,500; Children under elementary school age free ● Website / <http://kibichu.net/> ● Access / About 60 minutes by bus bound for "Kibi Kogen Toshi" from JR Okayama Station to "Kibi Plaza" with pick-up and drop-off service available from the bus stop; About 15 minutes by car from the Kayo IC on the Sanyo Expressway; About 30 minutes by car from Okayama Momotaro Airport

DATA

● 地址／加賀郡吉備中央町宮地2242 ● 電話／0866-54-1301(吉備中央町農家民宿推進協議會事務局) ● 住宿定員／12名 ● 營業期間／全年 ● 住宿費(一例)／僅住宿：大人8,000日圓、高中生6,500日圓、中小學生5,500日圓、學齡前兒童免費 ● Web／<http://kibichu.net/> ● 交通／從JR岡山站搭乘前往「吉備高原都市」公交車約60分鐘，在「吉備綜合設施」下車，接送／從山陽自動車道賀陽IC車程約15分鐘／從岡山桃太郎機場車程約30分鐘

* Photos and illustrations are for illustrative purposes only and may differ from actual circumstances. Accommodation fees indicated are examples and include taxes. For more details on the accommodation fees and the cost of experience programs, contact each lodging facility.

※照片及插圖均為形象圖，與實物可能會有不同。住宿費為一例。住宿費全部包含消費稅。有關住宿費及體驗項目費等詳情，請諮詢各民宿和設施。

Bizen Area 備前地區

05

Farmhouse Lodging Bupposo
農家民宿 三寶鳥莊

Healed by the songs of wild birds and the sounds of streams
野鳥啼鳴、河水潺潺之聲讓人心情舒暢。

From May through August, people from all over the country gather here at this lodging to watch the parenting behavior of *bupposo* - an endangered wild bird species. Enjoy a relaxing time around the *irori* fireplace inside the folk house built in *Edo* era.

每逢5~8月，為了觀察瀕臨滅絕的野鳥「三寶鳥」的育雛情景，來自日本各地的愛鳥家會匯聚於此的民宿，在江戶時代建築的民家，圍著地爐旁感受悠閒愜意的生活情趣。

DATA ● Address / 855 Mihara, Kibichuo-cho, Kaga-gun ● TEL / 0866-54-1301 (Kibi-Chuo Town Farmhouse Lodgings Promotion Council Secretariat) ● Accommodation capacity / 5 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults ¥8,000; High school students ¥6,500; Elementary and junior high school students ¥5,500; Children under elementary school age free ● Website / <http://kibichu.net/> ● Access / About 60 minutes by bus bound for "Kibi Kogen Toshi" from JR Okayama Station to "Kibi Plaza" with pick-up and drop-off service available from the bus stop; About 15 minutes by car from the Kayo IC on the Sanyo Expressway; About 30 minutes by car from Okayama Momotaro Airport

DATA ● 地址 / 加賀郡吉備中央町美原855 ● 電話 / 0866-54-1301 (吉備中央町農家民宿推進協議會事務局) ● 住宿定員 / 5名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿: 大人8,000日圓、高中生6,500日圓、中小學生5,500日圓、學齡前兒童免費 ● Web / <http://kibichu.net/> ● 交通 / 從JR岡山站搭乘前往「吉備高原都市」公車約60分鐘，在「吉備綜合設施」下車，接送 / 從山陽自動車道賀陽IC車程約15分鐘 / 從岡山桃太郎機場車程約30分鐘

Experience Programs 體驗項目



- Bupposo (oriental dollarbird) watching (May - August)
- Playing by the river, fishing (all year round)
- Miso (soybean paste) making (all year round), and more.



- 觀察三寶鳥 (5月~8月)
- 河邊嬉戲、釣魚(年中)
- 製做味噌(年中)等

Recommendation Comment 特色介紹

The soothing sounds you hear – twittering of wild birds, murmuring of the river and the sounds of the fire crackling from the *irori* fireplace are the attractions. For dinner, savor seasonal dishes prepared with plenty of native wild plants and freshly picked vegetables. We offer fun experiences such as playing by the river, *miso* making, and more.

野鳥啼鳴、河水潺潺、地爐之火聲。傾聽讓人感到心情舒暢的美妙音色，是其魅力的所在。晚餐是使用多量的原生野草和剛摘來的新鮮蔬菜做成的季節料理。可以盡情享受河邊嬉戲、製做味噌等的各種樂趣！



06

Island House Mirumidori
島之家 海松綠

Perfect location for island enjoyment
島上遊玩的絕佳場所。

In the trawl fishing experience program, take up the challenge of drag net fishing along the coast. Take home all the freshly caught fish you caught. In the organic farming experience program at the café on the island, expand your knowledge through soil cultivation in the field.

拉網捕魚體驗是在海上挑戰拉網捕魚。剛捕獲的新鮮魚貝可以自由帶回家。在島內的咖啡館進行有機栽培蔬菜體驗，可以透過菜田培土等可以擴大自己的知識面。

Experience Programs 體驗項目



- Trawl fishing (around May – around September)
- Organic farming (all year around)
- Orange picking (early October – early December)



- 拉網捕魚體驗 (5月左右~9月左右)
- 有機農業栽培體驗(年中)
- 採摘橘子 (10月上旬~12月上旬)

Recommendation Comment 特色介紹

We started this island house at my parents' house located on the mountainside of Kashi-rajima Island, which can be reached by crossing two bridges from JR Hinase Station. We take pride in the view from the second floor, overlooking the fishing port below to far off Shodoshima Island. The location is also great for fishing, swimming, or walking along rocky shores.

島之家開設在老家，它位於從JR日生站走過二座橋前面的頭島山的半山腰。從2樓可以眺望眼下的漁港到遠方的小豆島景色，很值得一看。地處方便也頗具魅力，步行就可以去享受釣魚、海岸漫步、海水浴等樂趣。



DATA ● Address / 2845 Hinase, Hinase-cho, Bizen City ● TEL / 0869-72-3048 ● Accommodation capacity / 10 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Persons aged 4 and older ¥3,520 ● Access / About 20 minutes by Bizen City bus (Kashirajima Line) from JR Hinase Station to "Iruka" and about a 1 minute walk; About 20 minutes by car from the Bizen IC on the Sanyo Expressway

DATA ● 地址 / 備前市日生町日生2845 ● 電話 / 0869-72-3048 ● 住宿定員 / 10名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿: 4歲以上3,520日圓 ● 交通 / 從JR日生站搭乘備前市營公交車(頭島線)約20分鐘，在「入鹿」下車，步行約1分鐘 / 從山陽自動車道備前IC車程約20分鐘

* Photos and illustrations are for illustrative purposes only and may differ from actual circumstances. Accommodation fees indicated are examples and include taxes. For more details on the accommodation fees and the cost of experience programs, contact each lodging facility.

[About meals] For details on meals or cooking experience, contact each lodging facility.

【餐食】有關餐食的提供、料理製做體驗之詳情，請諮詢各住宿設施。

07

Ushimado Training Center Carillon House
牛窗培訓中心 鐘樓之家

Experience a variety of activities to touch the real world on this remote island
在離島體驗融入自然的多彩真實之感受。

Enjoy the raft ride experience from a point that allows you to reach the sea, observe the tide, wind and movement of the sea. You will also understand the importance of teamwork. Astronomical observations will allow you to meet the stars with a large 650mm reflecting telescope.

乘坐木筏去臨近海面處體會大海的博大、觀察浪潮、海風、海中動向。還可以理解團隊合作的重要性。天體觀測是通過口徑650mm的大反射望遠鏡與星星們相會。

DATA ● Address / 6356-57 Ushimado, Ushimado-cho, Setouchi City ● TEL / 0869-34-5808 ● Accommodation capacity / 200 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay with two meals: Adults from ¥7,480; Children from ¥6,600 ● Website / <http://www.carillon-house.com> ● Access / About 25 minutes by bus or taxi from JR Oku Station to Ushimado Port and about 5 minutes by ferry from Ushimado Port to Maejima Port and about 15 minutes by shuttle bus from Maejima Port; About 45 minutes by car from the Bizen IC on the Sanyo Expressway to Ushimado Port and about 5 minutes by ferry from Ushimado Port to Maejima Port and about 15 minutes by car from Maejima Port

DATA ● 地址 / 瀬戸内市牛窗町牛窗6356-57 ● 電話 / 0869-34-5808 ● 住宿定員 / 200名 ● 營業期間 / 全年 ● 住宿費(一例) / 泊帶二餐: 大人7,480日圓、孩童6,600日圓 ● Web / <http://www.carillon-house.com> ● 交通 / 從JR邑久站搭乘公車或計程車到牛窗港約25分鐘，從牛窗港搭乘渡輪到前島港約5分鐘，從前島港搭乘接送巴士車程約15分鐘 / 從山陽自動車道備前IC到牛窗港車程約45分鐘，從牛窗港搭乘渡輪到前島港約5分鐘，從前島港搭乘車到設施車程約15分鐘

Experience Programs 體驗項目



- Rafting (April – early November)
- Walk rally (all year round)
- Beach seining (February – June, September – November)
- Sea firefly watching (July – early October)
- Astronomical observations (all year round)
- Fish filleting (all year round), and more.



- 乘坐木筏遊玩(4月~11月上旬)
- 步行拉力賽娛樂(年中)
- 拖漁網(2月~6月、9月~11月)
- 觀賞海螢(7月~10月上旬)
- 觀測天體(年中)
- 切割活鮮魚(年中)等

Recommendation Comment 特色介紹

The facility is located off the coast of Ushimado, which is called the "Aegean Sea of Japan." Covered with thick native trees, plants and shrubs including pine trees, it is also known as "Green Island." We will ask you in advance which activities you desire to experience among a variety of programs uniquely available on this remote island, and help set your schedule before we welcome you here.

這是一座浮在被稱為日本愛琴海的牛窗海上的設施。島上的松樹及本地生植物蒼翠繁茂，故又名「綠島」。我們事先會徵求住宿客人在離島獨有的多彩項目中希望體驗的項目，制訂好逗留中的日程表迎接住宿客人光臨。



About Farmhouse Lodgings in the Land of Sunshine Okayama
晴天之國岡山 農家民宿的

Frequently Asked Questions
常見提問 問 & 答

Q & A 1

Q. What is the difference from hotels, inns and other guesthouses?
與旅館、飯店、其他的民宿有何不同?

A. "Farmhouse Lodgings in the Land of Sunshine Okayama" are rustic lodgings that offer opportunities to experience farming, forestry and fishery activities.
「晴天之國岡山農家民宿」意指簡易住宿所，是一種可以體驗農林漁業的設施。

Enjoy hospitality and relaxed conversations with the owner of the lodging, local cuisine and experiences through farming, forestry and fishery activities unique to each village. Ask the owner how you can create your own unique and enjoyable experience.
感受民宿主人的熱情款待的情意，與主人一起暢聊，品嚐當地獨具特色的鄉土料理、體驗農林漁業生活等，向民宿主人商榷只適合您的逗留方法，充分享受民宿帶來的無窮樂趣。

Read all about Farmhouse Lodgings in the Land of Sunshine Okayama, then enjoy your stay with your family and friends.
請充分理解晴天之國岡山農家民宿後，有助於大家在這留時遊玩的更加愉快。

Q. Can I experience agriculture, forestry or fisheries activities at Farmhouse Lodgings in the Land of Sunshine Okayama?
在晴天之國岡山農家民宿可以體驗農林漁業嗎?

A. Contact each lodging facility.
詳情請諮詢各住宿設施。

Details of the activities you can experience will vary depending on each lodging facility. In some cases, opportunities to experience such activities may be offered by introducing you to local farmers and other locals.
各住宿設施可以體驗的內容各有不同。體驗有時是透過介紹地區農家等提供。

* Some of the activities require an additional fee and reservation.
※根據體驗內容，需要另外收費及預訂。

※照片及插圖均為形象圖，與實物可能會有不同。住宿費為一例。住宿費全部包含消費稅。有關住宿費及體驗項目費等詳情，請諮詢各民宿和設施。

7

8



Bicchū Area 備中地區

08 Kasaoka City Kitagishima Island Training Accommodation 笠岡市北木島住宿研修所

Experience the traditional industry and abundant nature
接觸傳統產業及豐富大自然。

Experience Programs 體驗項目



- Study of stones (all year round)
- Stone art crafting (all year round)
- Sand beach art (all year round)
- Octopus pot fishing (May – end August, October – November)
- Raft making (all year round)
- Trawl fishing (all year round), and more.
- 學習石材(年中)
- 石材藝術製作(年中)
- 砂灘藝術(年中)
- 章魚壺捕捉章魚體驗(5月~8月底、10月~11月)
- 製做木筏體驗(年中)
- 拉網捕魚體驗(年中) 等

Recommendation Comment 特色介紹

Now run as a social education facility converted from the former Kitagi Elementary School. The school was refurbished into a training center surrounded by rich nature, and serves as a site for learning and other activities unique to the island, such as learning the history and culture of Kitagishima Island, one of Japan's most famous areas for the production of stone materials, swimming, and more.

這是利用原北木小學改建的社會教育設施。研修所建在島上的豐富大自然中，現已成為一個學習日本有數的石材產地北木島的石材歷史文化、海水浴等，只有這裡才能學習及體驗的據點。



DATA

● Address / 3802-53 Kitagishima-cho, Kasaoka City ● TEL / 0865-68-4545 ● Accommodation capacity / 50 persons * Minimum number required is 5. ● Period / All year round (except for year-end and New Year holidays and Bon holidays) ● Accommodation fee (example) / Overnight stay without meals: Adults and college and university students ¥2,400; High school students ¥600; Elementary and junior high school students ¥300 * Cleaning and air conditioning fees are separately charged. ● Website / <https://ishikirinomori.jimdo.com> ● Access / <On Foot> About 36 minutes by passenger ship from Kasaoka Sumiyoshi Port to "Kitagishima Oura Port" and about a 5 minute walk <By Car> About 50 minutes by ferry from Kasaoka Fushigoe Port to "Kitagishima Toyoura Port" and about 10 minutes by car.

DATA

● 地址 / 笠岡市北木島町3802-53 ● 電話 / 0865-68-4545 ● 住宿定員 / 50名 ※5名以上～ ● 營業期間 / 全年(年底年初、盂蘭盆節除外) ● 住宿費(一例) / 僅住宿：一般、大學生2,400日圓、高中生600日圓、中小學生300日圓 ※另付洗衣費、冷暖房費 ● Web / <https://ishikirinomori.jimdo.com> ● 交通 / <步行>從笠岡往吉港搭乘客船約36分鐘，在「北木島大浦港」下船，步行約5分鐘 / <開車>從笠岡往越港搭乘客輪約50分鐘，在「北木島豐浦港」下船，車程約10分鐘

09 ZENTA SUITE ZENTA SUITE

Spend time gazing out to sea filled with the atmosphere of a remote island
眺望離島氛圍濃郁的大海
悠閒渡過難以忘懷之時光

Experience Programs 體驗項目



- Fishing experience (all year round)
- 漁業體驗(年中)

Recommendation Comment 特色介紹

One of the reasons we decided to move to Manabeshima Island was for the beauty of the quiet sea that burns crimson with the setting sun. The attraction of ZENTA SUITE is its coastal location with a full view of the sea from your room window. For dinner, savor a special course of dishes using freshly caught fish.

被夕陽染紅的寧靜大海的美麗景象，是我們決定移居真鍋島的理由之一。ZENTA SUITE位於沿海之地，也是它的魅力所在。從房間的窗口可以眺望讓人心曠神怡的大海美景。晚餐提供以當地鮮魚為主的套餐料理。



DATA

● Address / 4543-1 Manabeshima, Kasaoka City ● TEL / 050-6860-6421 (Inquiries by email are preferred. <https://manabeshima.info/conc/contact>) ● Accommodation capacity / 5 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals for one guest when the facility is used by 4 or 5 guests: From ¥4,950 ● Website / <https://manabeshima.info> ● Access / About 60 minutes by Sanyo Kisen's passenger ship from Kasaoka Sumiyoshi Port to "Manabeshima Honura Port" and about a 5 minute walk.

DATA

● 地址 / 笠岡市真鍋島4543-1 ● 電話 / 050-6860-6421(建議用電子郵件諮詢<https://manabeshima.info/conc/contact>) ● 住宿定員 / 5名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿：(4~5名利用時的一人費用)：4,950日圓～ ● Web / <https://manabeshima.info> ● 交通 / 從笠岡往吉港搭乘三洋汽船約60分鐘，在「真鍋島本浦港」下船，步行約5分鐘

10 INN THE CAMP INN THE CAMP

Dormitory reminiscent of a secret base
會讓人聯想起就像秘密基地的宿舍。

Get onboard a fishing boat and experience fixed net fishing and catch schools of fish in areas where they typically migrate. Peak seasons are April and November when *madaï* (red sea bream) and *suzuki* (Japanese sea bass) are regularly caught.

乘著漁船，體驗將魚群引入事先設置在魚群聚遊的海域中的漁網內，捕獲置網魚的樂趣。4月和11月是漁汛旺季，可以捕到真鯛、鱸魚。

Experience Programs 體驗項目



- Fishing experience (all year round)
- 漁業體驗(年中)



Recommendation Comment 特色介紹

While sleeping in a sleeping bag on a mattress in an area curtained off with tent tarp, enjoy this unique space as you please as if you were spending time at a camping site or secret base. The café on the first floor serves as a communication spot on the island and meeting new friends is also part of the fun.

用遮陽防水篷布隔開，在床墊上鋪上睡袋就寢。讓人感覺好像是在露營又好像是住在秘密基地的獨特空間，可以在此無拘無束自由地度過時光。1樓的咖啡館是島民交流場所，相聚交談也是一種樂趣。



DATA

● Address / 4073 Manabeshima, Kasaoka City ● TEL / 050-6860-6421 (Inquiries by email are preferred. <https://manabeshima.info/conc/contact>) ● Accommodation capacity / 9 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: ¥3,850 ● Website / <https://manabeshima.info> ● Access / About 60 minutes by Sanyo Kisen's passenger ship from Kasaoka Sumiyoshi Port to "Manabeshima Honura Port" and about a 1 minute walk.

DATA

● 地址 / 笠岡市真鍋島4073 ● 電話 / 050-6860-6421(建議用電子郵件諮詢<https://manabeshima.info/conc/contact>) ● 住宿定員 / 9名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿：3,850日圓 ● Web / <https://manabeshima.info> ● 交通 / 從笠岡往吉港搭乘三洋汽船約60分鐘，在「真鍋島本浦港」下船，步行約1分鐘

11 Old Folk House Inn Chiya Outdoor House 古民房民宿 千屋Outdoor House(山中古民房)

Charcoal-grilled Chiya beef and idyllic scenery are the attractions
充滿魅力的炭火燒千屋牛肉與田園風光。

The southern part of Niimi City holds a treasure trove of limestone caves. Upon request, we will guide you on a caving trip or to the entrance of the cave and the karst landforms. After *amago* fishing (at another facility), savor the fish grilled with salt or deep-fried.

新見市南部是鐘乳洞的寶庫。對希望體驗的住宿客人提供洞窟探險或洞窟入口附近及溶蝕地形導覽服務。釣來鱒魚(其他設施)後，可以用鹽烤或油炸味道特美。

Experience Programs 體驗項目



- Guided caving and karst landform tour (all year round)
- Amago (land-locked trout) fishing (all year round at another facility)
- Crop harvesting (June – November)
- 洞窟探險及溶蝕地形的導覽(年中)
- 釣鱒魚(其他設施、年中)
- 收割農作物(6月~11月)

Recommendation Comment 特色介紹

Stay at our 100-year-old folk house and experience unspoiled nature. We have prepared a handmade map, indicating our recommended must-see spots of Niimi. For dinner, enjoy charcoal-grilled Chiya beef and local cuisine cooked with plenty of vegetables and wild vegetables by the side of the *irori* fireplace.

在築有約100年歷史的古民房住宿，感受原始的自然風情之魅力。還備有介紹精選的新見景點的自編路線圖。晚餐圍在火爐旁，盡情品嚐美味的炭火燒千屋牛肉、各種千屋蔬菜、山菜的鄉土料理。



DATA

● Address / 1005 Chiyahanami, Niimi City ● TEL / 0867-77-2272 ● Accommodation capacity / 10 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay with two meals (based on the minimum number of 2 guests): Adults ¥9,000; Children (aged 4 up to elementary school age) ¥6,000 ● Website / <https://www.chiyaoutdoorhouse.com> ● Access / About 58 minutes by bus bound for "Chiya Onsen" from JR Niimi Station to "Hanami" and about a 5 minute walk; About 30 minutes by car from the Niimi IC on the Chugoku Expressway

DATA

● 地址 / 新見市千屋花見1005 ● 電話 / 0867-77-2272 ● 住宿定員 / 10名 ● 營業期間 / 全年 ● 住宿費(一例) / 1泊帶二餐(從2名起)：大人9,000日圓、孩童(4歲~小學生)6,000日圓 ● Web / <https://www.chiyaoutdoorhouse.com> ● 交通 / 從JR新見站搭乘前往「千屋溫泉」公交車約58分鐘，在「花見」下車，步行約5分鐘 / 從中國自動車道新見IC車程約30分鐘



Mimasaka Area 美作地區

[About meals] For details on meals or cooking experience, contact each lodging facility.

【餐食】有關餐食的提供、料理製做體驗之詳情，請諮詢各住宿設施。

12

UJITEI
UJITEI

Enjoy art and life in a farming village
體驗農村生活與藝術樂趣。

Experience Programs 體驗項目



- Farming (spring – autumn, if the timing matches)
- Plant dyeing – dyeing a stole with *hinoki* (Japanese cypress) (all year round / reservation required)
- Flower arrangement that starts with a mountain walk (all year round / reservations required)
- Making a New Year's sacred straw rope decoration (December / reservations required), and more.
- 農活體驗 (春季~秋季/如果正好在時期內)
- 使用松柏染色的披肩 草木染體驗(年中/要預約)
- 從山中散步開始的插花 (年中/要預約)
- 編製稻草繩(12月/要預約) 等

Recommendation Comment 特色介紹

We registered at "Airbnb" as a farmhouse inn for the first time in Okayama and have been welcoming many guests from abroad. As we have a family farm, you can also experience farming according to the season. Enjoy your best vacation ever in a space surrounded by nature and art, while enjoying barbecue in the garden, playing by the river, observing the stars and more.

是岡山縣初次在「Airbnb」註冊的農家民宿，來這裡住宿的外國客人也很多。這裡有家族一起經營的農田，如果正好在時期內還可以參加農活體驗。在座落於可以享受庭院的野外烤餐、河邊嬉戲、觀測星星等的自然和藝術情趣盎然的空間中渡過最美好的假日！



This is an inn to enjoy country life and art, making use of nature, such as making a plant dyed stole with Mimasaka *hinoki*.

製做使用美作松柏的草木染的披肩等，可以體驗利用自然的農村生活及藝術樂趣的民宿。

DATA

● Address / 47-5 Uno, Kamo-cho, Tsuyama City ● TEL / 080-4702-8622 ● Accommodation capacity / 5 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: One room from ¥14,000 ● Website / <https://airbnb.com/h/ujitei> ● Access / About 10 minutes by taxi from JR Mimasaka-Kamo Station and UJITEI; About 25 minutes by car from the Tsuyama IC on the Chugoku Expressway; About 90 minutes by car from Okayama Momotaro Airport

DATA

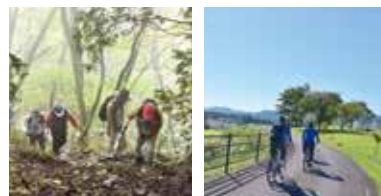
● 地址 / 津山市加茂町宇野47-5 ● 電話 / 080-4702-8622 ● 住宿定員 / 5名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿：一棟房14,000日圓～ ● Web / <https://airbnb.com/h/ujitei> ● 交通 / 從JR美作加茂站搭乘計程車約10分鐘 ※從JR美作加茂站有接送車 / 從中國自動車道津山IC車程約25分鐘 / 從岡山桃太郎機場車程約90分鐘

13

Farmhouse Lodging Keyaki-an
農家民宿 樺庵

Have a gracious time in a lavish Japanese-style house
在奢華的日本住房體驗優雅生活。

Experience Programs 體驗項目



- Mountain climbing (April – November)
- Autumn cycling in the Hiruzen Kogen Highlands (October)
- Crafting (late April – end November)
- 登山體驗(4月~11月)
- 秋天的蒜山高原 騎自行車環遊(10月)
- 製做手工藝品體驗 (4月下旬~11月底)

Recommendation Comment 特色介紹

We are located more or less at the center of the Hiruzen area that includes Daisen-Oki National Park. Our roomy house with spacious rooms including a 32-jo (nearly 60m²) living room, kitchen, jet bath, etc., is characteristic of Japanese architecture, including exposed beams, coffered ceilings, and more.

座落於大山隱岐國立公園內的蒜山地區之幾乎中央位置。是一個古民家，可以欣賞外牆屋樑、方格形天花板的日本建築獨特而多彩的建造風格，有鋪設32張榻榻米的居室，還有廚房、泡泡浴浴缸等，整個空間寬敞舒適。



In the crafting experience program at a nearby woodworking studio, you will make spoons and chopsticks. In the mountain climbing program, the Hiruzen guide club members will guide you around Mt. Hiruzen, which holds a treasure trove of rare species. Peak seasons are from April until November.

在近旁的木工房的手工藝品體驗是製做湯匙、筷子。登山體驗是由蒜山導覽隊為您提供遊覽珍貴生物的寶庫蒜山的導覽服務。最佳季節為4月~11月。

DATA

● Address / 302-3 Hiruzen Tomiyamane, Maniwa City ● TEL / 0867-66-4592 ● Accommodation capacity / 8 persons ● Period / Early April to early December ● Accommodation fee (example) / Overnight stay without meals: From ¥25,000 ● Website / <http://www.keyaki-an.com/> ● Access / About 50 minutes by taxi from JR Chugoku-Katsuyama Station; About 10 minutes by car from the Hiruzen IC on the Yonago Expressway

DATA

● 地址 / 真庭市蒜山富山根302-3 ● 電話 / 0867-66-4592 ● 住宿定員 / 8名 ● 營業期間 / 4月上旬~12月上旬 ● 住宿費(一例) / 僅住宿：25,000日圓～ ● Web / <http://www.keyaki-an.com/> ● 交通 / 從JR中國勝山站搭乘計程車約50分鐘 / 從米子自動車道蒜山IC車程約10分鐘

14

Takazen-no-Sato Yono Natsutsubaki
高仙之鄉餘野 夏椿

Camping school for grown-ups to enjoy farming as amusement
體驗農業樂趣的大人林間學校。

Experience Programs 體驗項目



- Playing in rice paddies (around July)
- Grass cutting (all year round)
- Rice planting (June)
- Star gazing (all year round)
- Creature observations (all year round)
- Fire-starting (all year round), and more.
- 稻田遊玩(7月左右)
- 割草體驗(年中)
- 插秧體驗(6月)
- 觀測星空(年中)
- 生物觀察(年中)
- 鑽木取火體驗(年中) 等

Recommendation Comment 特色介紹

We run a farming-village style resort at a large raised-floor lodge located on the hillside of Takazen (664m) which ever grown-ups can enjoy. In cooperation with the self-sufficiency site, "Nengu Co., Ltd.," we offer a wide variety of activities from farming experience to countryside working holidays.

利用位於高仙(664公尺)的半山腰的高床式大型別墅，打造一個可以讓大人們忘情遊玩的農村型渡假勝地。在自給自足據點「株式會社年貢」協助下，可以對應從農活體驗到農村打工渡假的各種體驗活動。



One-day-only event to play in the mud in rice paddies is popular also among grown-ups who just want to feel like a kid again. In the farming experience, you will also learn about the ancient wisdom of the ancestors such as making string from tree bark, starting a fire, and more.

1日遊的「稻田遊玩」活動，在稻田裡玩的滿身泥土感受回歸童心之懷，深受大人好評。農作業體驗時，可以用樹皮編繩或鑽木取火，學習先人們的卓越智慧。

DATA

● Address / 465 Yonoshimo, Maniwa City ● TEL / 0867-42-6336 ● Accommodation capacity / 30 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults (persons of high school age and older) ¥3,850; Elementary and junior high school students ¥2,750 ● Website / <https://i-maniwa.com/area/yono/> ● Access / About 20 minutes by taxi from JR Kuse Station; About 15 minutes by car from the Kuse IC on the Yonago Expressway

DATA

● 地址 / 真庭市餘野下465 ● 電話 / 0867-42-6336 ● 住宿定員 / 30名 ● 營業期間 / 全年營業 ● 住宿費(一例) / 僅住宿：大人(高中生以上) 3,850日圓、中小學生2,750日圓 ● Web / <https://i-maniwa.com/area/yono/> ● 交通 / 從JR久世站搭乘計程車約20分鐘 / 從米子自動車道久世IC車程約15分鐘

15

Takazen-no-Sato Yono Aoki-Honke
高仙之鄉餘野 青木本家

A former *shoya's* (village headman's) house with *irori* fireplace in a beautiful farmhouse architecture style
美麗的農家建築風格設有地爐的村長宅邸。

Experience Programs 體驗項目



- Playing in rice paddies (around July)
- Grass cutting (all year round)
- Rice planting (June)
- Star gazing (all year round)
- Creature observations (all year round)
- Fire-starting (all year round), and more.
- 稻田遊玩(7月左右)
- 割草體驗(年中)
- 插秧體驗(6月)
- 觀測星空(年中)
- 生物觀察(年中)
- 鑽木取火體驗(年中) 等

Recommendation Comment 特色介紹

This is an inn for a small number of people located on the hillside of Takazen (664m). Spend a pleasant time in a *shoya* house built at the end of the Edo Era, with a renovated kitchen and bath. At your option, we will also offer *motsunabe* (tripe hot pot) or barbecue.

位於高仙(664公尺)山麓，是一家只提供少數人住宿的民宿。建於江戶時代末期的村長宅邸，廚房、浴缸及廁所都已改換一新，住宿非常舒適。需要時還可追加提供內臟火鍋或野外烤餐。



In the creature observation program, learn about the ecology of *satoyama* through observations of fireflies and playing with water in the Meki-gawa River that flows through the Yono area. Star gazing with an astronomy guide will let you encounter the stary night sky that you never see in urban settings.

生物觀察中，透過在流入餘野地區的目木川邊嬉戲、觀察螢火蟲瞭解里山的生態。在由星象解說導覽員解說的星空觀測，讓您與在都市難得一見的星空相會。

DATA

● Address / 388 Yonoshimo, Maniwa City ● TEL / 0867-42-6336 ● Accommodation capacity / 16 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults (persons of high school age and older) ¥3,850; Elementary and junior high school students ¥2,750 ● Website / <https://i-maniwa.com/area/yono/> ● Access / About 20 minutes by taxi from JR Kuse Station; About 15 minutes from the Kuse IC on the Yonago Expressway

DATA

● 地址 / 真庭市餘野下388 ● 電話 / 0867-42-6336 ● 住宿定員 / 16名 ● 營業期間 / 全年營業 ● 住宿費(一例) / 僅住宿：大人(高中生以上) 3,850日圓、中小學生2,750日圓 ● Web / <https://i-maniwa.com/area/yono/> ● 交通 / 從JR久世站搭乘計程車約20分鐘 / 從米子自動車道久世IC車程約15分鐘

* Photos and illustrations are for illustrative purposes only and may differ from actual circumstances. Accommodation fees indicated are examples and include taxes. For more details on the accommodation fees and the cost of experience programs, contact each lodging facility.

※照片及插圖均為形象圖，與實物可能有不同。住宿費為一例。住宿費全部包含消費稅。有關住宿費及體驗項目費等詳情，請諮詢各民宿和設施。



Mimasaka Area 美作地區

[About meals] For details on meals or cooking experience, contact each lodging facility.

【餐食】有關餐食的提供、料理製做體驗之詳情，請諮詢各住宿設施。

16

Hoshinoshita-no-Guesthouse
星下民宿

Familiar spaces with school desks will bring back comforting memories

曾見過的空間、學生課桌，讓人感受回歸童心之情懷。

In Ueda Village, over 40 experience programs are available at different sites including the Village Canteen, Fumonji Temple, etc. Enjoy as you like, such as playing musical instruments, enjoying fireworks or playing with water, barbecuing in the schoolyard, and more.

UEDA VILLAGE・在村民食堂、普門寺等的會場提供40個以上的體驗項目。通過感受演奏樂器，在運動場放焰火、戲水、野外烤餐等不同樂趣來渡過快樂時光。

DATA

● Address / 2138 Taharasano, Mamiya City ● TEL / 050-3717-1494 ● Accommodation capacity / 7 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: Adults from ¥4,950; Children from ¥3,300; Infants from ¥2,200 ● Website / <https://ueda-village.com/> ● Access / About 20 minutes by taxi from JR Mimasaka-Ochiai Station; About 20 minutes by car from the Ochiai IC on the Chugoku Expressway; About 60 minutes by car from Okayama Momotaro Airport

DATA

● 地址 / 真庭市田原山2138 ● 電話 / 050-3717-1494 ● 住宿定員 / 7名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿: 大人4,950日圓、孩童3,300日圓、幼兒2,200日圓 ● Web / <https://ueda-village.com/> ● 交通 / 從JR美作落合站搭乘計程車約20分鐘 / 從中國自動車道落合IC車程約20分鐘 / 從岡山桃太郎機場車程約60分鐘

Experience Programs 體驗項目



- Drum bath (all year round)
- Soba (buckwheat noodle) making (all year round)
- Star gazing (all year round)
- Nordic walking in *satoyama* (all year round)
- Burdock digging (September ~ around November)
- Buddhist prayer bead making (all year round), and more,
- 油桶浴桶體驗(年中)
- 手桿蕎麥麵條體驗(年中)
- 觀測星空(年中)
- 山中北歐式杖健走(年中)
- 挖牛蒡體驗(9月~11月左右)
- 製做念珠(年中) 等

Recommendation Comment 特色介紹

The former Ueda Elementary School was renovated and reborn as the complex facility Ueda Village, with a music classroom converted into a lodge. While retaining a school atmosphere, it was completed as a comfortable and tidy space in consideration of guests with children. Dinner around the *irori* fireplace and breakfast on the star gazing deck are highly recommended.

利用原上田小學改建而成的綜合設施 UEDA VILLAGE，將音樂教室用作住宿顯得調和舒適。考慮帶孩子來的住宿客人，所以儘量將其打造成一個既能感受留下的學校氛圍，又可讓人感覺舒適和清潔的空間。晚餐圍著地爐，早餐在星見台用餐很有情調，值得推薦。



17

Farmhouse Lodging Fukuya
農家民宿 福屋

Have an unforgettable time in a countryside experience x glamping

透過體驗農村生活及露營魅力之情趣，渡過讓人難以忘懷之時光。

Enjoy relaxing countryside experiences, such as catching fish by hand during the day, and barbecue the fish you caught and then enjoying the starry sky with a bonfire in the evening.

白天體驗抓魚等農村生活，晚上用抓來的魚享受野外烤餐。而後，一邊燒柴體驗，一邊仰望天空繁星。可以在此渡過優雅舒適的時光。

DATA

● Address / 1439-2 Ushiroyama, Mimasaka City * Reception located at 1431-1 Ushiroyama (Kobushian), ● TEL / 090-1181-7851 (person in charge: Tsuruta) ● Accommodation capacity / 10 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: From ¥4,950 ● Website / <https://fuku-yado.com/> ● Access / About 10 minutes by taxi from Chizu Express Ohara Station; About 15 minutes from the Ohara IC on the Tottori Expressway

DATA

● 地址 / 美作市後山1439-2 ※受理在後山1431-1(小淵庵) ● 電話 / 090-1181-7851(擔當: 鶴田) ● 住宿定員 / 10名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿: 4,950日圓 ● Web / <https://fuku-yado.com/> ● 交通 / 從智頭急行大原站搭乘計程車約10分鐘 / 從鳥取自動車道大原IC車程約15分鐘

Experience Programs 體驗項目



- Catching fish by hand (late April ~ mid-October)
- Fishing (all year round)
- Farming (April ~ November)
- Somen nagashi (catching and eating somen noodles flowing in the water) (summer)
- Barbecue (all year round)
- Bonfire (all year round), and more
- 抓魚(4月下旬~10月中旬)
- 釣魚體驗(年中)
- 農活體驗(4月~11月)
- 流水素麵(夏季)
- 野外烤餐體驗(年中)
- 燒柴體驗(年中) 等

Recommendation Comment 特色介紹

We can rent out the entire folk house to one group of guests per day, where you can enjoy countryside experiences as well as glamping. Located at the foot of Mt. Ushiro, the highest peak in Okayama Prefecture, enjoy a superb view and starry sky from the wood deck annexed to the house.

在出租一棟民家(限1日1組)的民宿，體驗農村生活及露營魅力之情趣。位於岡山縣最高峰「後山」山麓，從與民宿並設的露台可以眺望四下絕景和天空繁星。



18

Farmhouse Lodging Inaka-no-Yado
農家民宿 鄉村之宿

Experience real farmhouse life in an idyllic village

在寧靜的鄉村體驗真正的農家生活。

Easy to do wood-splitting is very popular with women, who shriek with joy at the sound of cracking wood. People who are interested in vegetable farming can experience harvesting, and more at our family farm. We will also instruct you on how to operate a tractor as well as trap making.

可以隨時體驗劈柴樂趣，在女性中很有人氣，劈柴歡叫相當熱鬧。對種菜有興趣的人可以在自家農園體驗蔬菜收割。此外，還指導住宿客人如何駕駛拖拉機、如何做陷阱。

DATA

● Address / 177 Kamimomi, Kumenan-cho, Kume-gun ● TEL / 090-4698-1638 ● Accommodation capacity / 8 persons ● Period / All year round (except for year-end and New Year holidays and Bon holidays) ● Accommodation fee (example) / Overnight stay without meals: Persons of junior high school age and older ¥4,950; Elementary school students ¥2,475 ● Access / About 10 minutes by taxi from JR Yuge Station; About 40 minutes by car from the Innosho IC on the Chugoku Expressway

DATA

● 地址 / 久米郡久米南町上177 ● 電話 / 090-4698-1638 ● 住宿定員 / 8名 ● 營業期間 / 全年(年底年初、盂蘭盆節除外) ● 住宿費(一例) / 僅住宿: 中學生以上4,950日圓、小學生為2,475日圓 ● 交通 / 從JR弓削站搭乘計程車約10分鐘 / 從中國自動車道院莊IC車程約40分鐘

Experience Programs 體驗項目



- Wood splitting (all year round)
- Vegetable harvesting (all year round)
- Farming (all year round)
- Insect collecting (summer), and more,
- 劈柴體驗(年中)
- 收割蔬菜(年中)
- 農活體驗(年中)
- 捉昆蟲(夏季) 等

Recommendation Comment 特色介紹

I renovated my parents' house in *satoyama* located at an elevation of 380m so that those who yearn for the country life can experience daily life of a farm. Some guests gladly say, "I woke up completely different from my usual routine." You can also experience the food culture of the mountains through *botan nabe* (wild boar hot pot) or wild game meat barbecue.

為了讓嚮往農村生活的人士體驗農家的日常生活，將位於海拔380公尺的里山的老家進行改建而成的民宿。有的住宿客人因感受到「睡醒後與往常不同」的舒暢感而欣喜。透過品嚐牡丹火鍋(野豬肉火鍋)、野味烤餐體驗山裡的飲食文化。



19

Farm Inn Suzuki
Farm Inn Suzuki

Holidays focusing on "food" rich in regional flavors

以充滿當地風情的「食」為主題的休息日。

The harvest experience program is offered at "Mahora Farm," where you can harvest sweet fruits that grow in the northern part of the Prefecture, where temperature differences are large. Fruits grown include strawberries (January - June), white peaches (late July - early August), Pione grapes (mid-August - September), etc.

在「Mahora農場」實施在晝夜寒暖差很大的縣北地區培育的香甜水果的收穫體驗活動。收穫季節: 草莓(1月~6月)、白桃(7月下旬~8月上旬)、黑葡萄(8月中旬~9月)等。

DATA

● Address / 686-7 Tsukadani, Kagamino-cho, Tomata-gun ● TEL / 090-2001-7707 ● Accommodation capacity / 4 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay including fruit picking and breakfast and dinner cooking experiences: ¥15,000 ● Website / <https://www.mto.ne.jp/suzukiya/> ● Access / About 15 minutes by taxi from JR Innosho Station; About 10 minutes by car from the Innosho IC on the Chugoku Expressway; About 90 minutes by car from Okayama Momotaro Airport

DATA

● 地址 / 苫田郡鏡野町塚谷686-7 ● 電話 / 090-2001-7707 ● 住宿定員 / 4名 ● 營業期間 / 全年營業 ● 住宿費(一例) / 1泊採摘水果，帶早餐和晚餐的料理體驗: 15,000日圓 ● Web / <https://www.mto.ne.jp/suzukiya/> ● 交通 / 從JR院莊站搭乘計程車約15分鐘 / 從中國自動車道院莊IC車程約10分鐘 / 從岡山桃太郎機場車程約90分鐘

Experience Programs 體驗項目



- Harvest (all year round)
- Sweet potato harvest (November 3rd)
- Cooking (all year round)
- 收穫體驗(年中)
- 紅薯收穫體驗(11月3日)
- 烹調體驗(年中)

Recommendation Comment 特色介紹

We have prepared our menus in consideration of guests from overseas. Stay at a Japanese-style house and enjoy cooking and eating local dishes with us. We will plan meals that suit your taste and go grocery shopping together with you as well. You can also experience harvesting fruit. For bathing, why not visit the local hot spring?

備有適合來自海外的住宿客人的體驗項目。在日本房屋逗留，品嚐我們與住宿客人一起製做的鄉土料理。自編住宿客人喜歡的食譜，一起去購買食材。還可以體驗水果收穫，感受去溫泉泡浴的樂趣。

We and our cat look forward to welcoming you! 和貓咪一起等候您的光臨!



* Photos and illustrations are for illustrative purposes only and may differ from actual circumstances. Accommodation fees indicated are examples and include taxes. For more details on the accommodation fees and the cost of experience programs, contact each lodging facility.

※照片及插圖均為形象圖，與實物可能會有不同。住宿費為一例。住宿費全部包含消費稅。有關住宿費及體驗項目費等詳情，請諮詢各民宿和設施。



Mimasaka Area 美作地區

20 Doi's House 土井家



Experience everyday Japan by staying at a rice farmer's house

在種稻農家見聞普通的日本。

We offer a wide variety of farming experiences from light work tasks to heavier chores. Work experience availability will differ depending on the season, so contact us in advance by phone. Programs to experience caring for goats and *shamo* chickens, our communal stars, are popular with families.

DATA

● Address / 168 Tamemoto, Shoo-cho, Katsuta-gun ● TEL / 090-4658-3774 ● Accommodation capacity / 5 persons ● Period / All year round ● Accommodation fee (example) / Overnight stay without meals: From ¥5,000 ● Access / About a 20 minute walk from JR Nishi-Katsumada Station; About 10 minutes by car from the Tsuyama IC on the Chugoku Expressway

DATA

● 地址 / 勝田郡勝央町為本168 ● 電話 / 090-4658-3774 ● 住宿定員 / 5名 ● 營業期間 / 全年 ● 住宿費(一例) / 僅住宿: 5,000日圓 ● 交通 / 從JR西勝岡站步行約20分鐘 / 從中國自動車道津山IC車程約10分鐘

Experience Programs 體驗項目



- Petting and taking care of goats (all year round)
- Petting and taking care of *shamo* chickens (all year round)
- Rice planting (June)
- Rice harvesting (September - October)
- Bamboo shoot digging (April - June)
- Pond shrimp catching (late October)



- 給山羊餵食體驗(年中)
- 給門雞餵食體驗(年中)
- 插秧(6月)
- 割稻體驗(9月~10月)
- 挖竹筍(4月~6月)
- 池塘撈蝦(10月下旬)

Recommendation Comment 特色介紹

The farming experience at Doi's House will allow you to accompany us to our farm during your stay and perform tasks such as cultivating and harvesting with us. Come and see what can happen. For dinner, we offer our original dishes mainly using seasonal ingredients, and you can also enjoy barbecue or grilling outside. In the annex, we run an *izakaya* (Japanese-style bar) that serves only one group of guests per day.

土井家的農活體驗，逗留中陪同我們去田地，一起栽培、一起收割等。讓住宿客人感受意想不到的樂趣。餐食是以時鮮食材為主的創作料理，還可以體驗野外烤餐、鐵板燒。在離家不遠之處，有自己開的1日只接受1組客人的居酒屋。



[About meals] For details on meals or cooking experience, contact each lodging facility. 【餐食】有關餐食的提供、料理製做體驗之詳情，請諮詢各住宿設施。

About Farmhouse Lodgings in the Land of Sunshine Okayama 晴天之國岡山 農家民宿

Frequently Asked Questions 常見提問 問 & 答

Q & A 2

Read all about Farmhouse Lodgings in the Land of Sunshine Okayama, then enjoy your stay with your family and friends.

請充分理解晴天之國岡山農家民宿後，有助於大家在逗留時遊玩的更加愉快。



Q. How can I make or cancel a reservation?
如想預訂或取消時，應該怎麼辦理？

A. Contact each lodging facility.
請諮詢各住宿設施。

Reservations for lodgings from a few weeks to a few months in advance will vary depending on the facility. Also, please note that cancellation fees may apply. For details, please contact each lodging facility.

預訂手續需要於數月前-數週前辦理，預訂方法各設施不同。如想取消預訂需要支付取消費，詳情請諮詢各設施。



Q. Are there amenities and other necessary items available?
洗滌用品等是否齊全？

A. Contact each lodging facility for details.
詳情請諮詢各住宿設施。

It may be necessary to bring with you amenities such as shampoo as well as bath towels and sleepwear.

各設施不同，有的設施需要自帶洗髮精等洗滌用品、浴巾、睡衣等。



Q. Can I bring my pet with me?
可以攜帶寵物嗎？

A. Contact each lodging facility.
請諮詢各住宿設施。

Whether you can bring your pet, the type and size of pets allowed, and whether you can bring your pet into your room and other rules differ depending on the facility.

可以及禁止攜帶寵物、寵物種類、大小、帶入室內等的規定，各設施亦有不同。



* Photos and illustrations are for illustrative purposes only and may differ from actual circumstances.

Accommodation fees indicated are examples and include taxes. For more details on the accommodation fees and the cost of experience programs, contact each lodging facility.

※照片及插圖均為形象圖，與實物可能有不同。住宿費為一例。住宿費全部包含消費稅。有關住宿費及體驗項目費等詳情，請諮詢各民宿和設施。

Land of Sunshine Okayama Farmhouse Lodgings 晴天之國岡山 農家民宿

Many first time experiences!

A happy belly and many good memories!
初體驗滿載！
美味料理，快樂回憶滿載！



17:30

Cooked dinner together.
一起做晚餐。

Cooked "shishi-nabe" with the owner Micchan. Micchan instructed us on how to cook in a matter-of-fact but friendly manner, much like a grandmother (laugh).

和主人Micchan一起做「野豬肉火鍋」。Micchan的料理指導就像我們家裡的老祖母既親切又嚴格(笑聲)。



DAY 02

9:00

Visited Nishitani-tei and Ogura-tei Gardens.
參觀西谷邸和小倉邸的庭園。

Visited gardens designed by Mirei Shigemori, a leading landscapist from the Showa era. The gardens created 60 - 90 years ago and the houses built more than 200 years ago are outstanding.

參觀昭和時代具有代表性的造園學者重森三玲的庭園。據說這是60-90年前的庭園，宅邸是200多年前建築的，真讓人讚嘆。



Our hand-made pizza is the best!
自己製做披薩，味道特美！



10:30

Pizza baked in a stone oven!
磚窯燒烤披薩！

We baked a pizza in a stone oven using firewood as fuel for heat. After stretching out the dough, we added our favorite toppings! Hand-made pizza baked over direct heat is delicious!

用磚窯柴火燒烤披薩。將面坯伸展開在上面放入自己喜歡的餡料！直接燒烤和手工製做的披薩味道特美！



Healed by a wonderful garden!
庭園太美了，讓人舒心悅目！

18:30

Let's eat!
我不客氣了！



We found the owner's own farm in front of the lodging. Experienced harvesting *daikon* (white radish) immediately after carrying our luggage to our room! We were surprised that *Daikon* had so many leaves!

在設施前有自家農園。我們放下行李後，立刻投入收割蘿蔔的體驗活動，這蘿蔔葉子真多！



Fully satisfied with so many vegetables!
收割的蔬菜真多，讓人太滿足！



DAY 01

16:30

Arrived at the Farmhouse Lodging "Micchan"!

抵達農家民宿「Micchan」！

17:00

Experienced harvesting immediately!
立刻投入收割體驗活動！



Several young women who had heard about farmhouse lodgings became so enchanted with the folksy atmosphere in the Land of Sunshine Okayama, they actually moved and stayed here!

聽人介紹後，興趣盎然的女孩子們親自去了晴天之國岡山農家民宿體驗生活！

We took a two-day one-night trip! 一泊兩日的體驗生活！

Farmhouse Lodgings in the Land of Sunshine Okayama

Experience Report 晴天之國岡山 農家民宿 體驗訪談

Recommended Tourist Spots



One of Japan's three greatest gardens: Take a stroll and enjoy the traditional beauty of Japan
日本三大名園之一・漫步於日本傳統美之中。

Okayama Korakuen Garden ● Address / 1-5 Korakuen, Kita-ku, Okayama City ● Hours / 7:30 - 18:00 from March 20 to September 30 and 8:00 - 17:00 from October 1 to March 19 (Admission accepted until 15 minutes before closing time) ● Fee / Adults ¥410; Seniors 65 and older ¥140 * Admission is free for high school students and younger children until March 31, 2020. ● Access / From JR Okayama Station, about a 25 minute walk, or 10 minutes by non-stop bus to Korakuen, or about 4 minutes by streetcar to "Shiroshita" and about a 10 minute walk; about 20 minutes by car from the Okayama IC on the Sanyo Expressway ● Contact / 086-272-1148 (Okayama Korakuen Office)

岡山後樂園 ●地址／岡山市北區後樂園1-5 ●營業時間／3月20日～9月30日為7:30～18:00、10月1日～3月19日為8:00～17:00(入園截止至閉園前15分鐘) ●費用／大人410日圓、65歲以上140日圓 ※高中生以下入園免費(免費服務截止至2020年3月31日) ●交通／從JR岡山站步行約25分鐘，或搭乘直達後樂園公車約10分鐘，或搭乘路面電車約4分鐘在「城下」下車，步行約10分鐘／從山陽自動車道岡山IC車程約20分鐘 ●諮詢處／086-272-1148(岡山後樂園事務所)

Okayama Korakuen Garden / Okayama Castle 岡山後樂園、岡山城

"Okayama Korakuen Garden" is a *daimyo* (domain lord's) garden created about 300 years ago by the then local lord, Tsunamasa Ikeda. The Japanese sense of beauty is condensed in this outstanding garden, making the most of nature, such as seasonal trees and flowers, streams and ponds, and birds and insects that gather around, etc. On the south side of the garden, Okayama Castle Tower (Tenshukaku) completed in 1597 stands (current tower reconstructed), offering many must-see spots, including the black-painted tower, turret (yagura) and the gates of the castle and, of course, the views overlooking the city.

大約300年前，由當時的藩主池田綱政建造的大名庭園「岡山後樂園」。凝聚了利用茂盛的季節樹木、花草、河池、鳥群爭鳴、昆蟲等自然的日本審美意識之名園。其南側有1597年建成的「岡山城天守閣」(現為重建之物)。這裡有威風凜凜的黑色天守閣，還有櫓、門等充滿魅力的觀光景點甚多，從天守閣上可以將城市風光一覽無遺。

Okayama Castle ● Address / 2-3-1 Marunouchi, Kita-ku, Okayama City ● Hours / 9:00 - 17:30 (Admission accepted until 17:00) ● Closed / December 29 - 31 ● Fee / Adults ¥320; Elementary and junior high school students ¥130 ● Access / From JR Okayama Station, about 5 minutes by streetcar bound for Higashiyama to "Shiroshita" and about a 10 minute walk, or by bus bound for Okaden Takaya or Saidaji via Higashiyama (Higashiyama-keiyu Saidaji) to "Kencho-Mae" and about a 5 minute walk; about 20 minutes by car from the Okayama IC on the Sanyo Expressway ● Contact / 086-225-2096 (Okayama Castle Office)

岡山城 ●地址／岡山市北區丸之内2-3-1 ●營業時間／9:00～17:30(入場截止至17:00) ●休息日／12月29日～31日 ●費用／大人320日圓、中小學生130日圓 ●交通／從JR岡山站搭乘前往東山路面電車約5分鐘在「城下」下車，步行約10分鐘，或搭乘前往岡電高屋或東山經由西大寺公交車在「縣廳前」下車，步行約5分鐘／從山陽自動車道岡山IC車程約20分鐘 ●諮詢處／086-225-2096(岡山城天守閣)

Special Historic Spot: Former Shizutani School 特別古蹟 舊閑谷學校

Japan's first "public school for common people" founded in 1670 turned out many leaders in Japan. The school includes an auditorium (national treasure), mausoleum and shrine (important cultural properties) on the site.

1670年創立日本最初的一家「平民公立學校」遺蹟。從這家學校輩出了很多日本的指導者。場內還有國寶級講堂及重要文化遺產的聖廟、神社等。

● Address / 784 Shizutani, Bizen City ● Hours / 9:00 - 17:00 ● Fee / Adults ¥400; Elementary and junior high school students ¥100; Seniors 65 and older ¥200 ● Access / About 10 minutes by taxi from JR Yoshinaga Station; About 10 minutes by car from the Wake IC on the Sanyo Expressway ● Contact / 0869-67-1436 (Preservation Association in Honor of "Special Historic Spot: Former Shizutani School")

●地址／備前市閑谷784 ●營業時間／9:00～17:00 ●費用／大人400日圓、中小學生100日圓、65歲以上200日圓 ●交通／從JR吉永站搭乘計程車約10分鐘／從山陽自動車道和氣IC車程約10分鐘 ●諮詢處／0869-67-1436(特別古蹟 舊閑谷學校顯彰保存會)

Oldest public school building in Japan:
The national treasure and important cultural properties are also must-sees
日本最古老的公立學校遺蹟。國寶及重要文化遺產很值得一看。



Kasaoka Islands 笠岡諸島

Made up of 31 large and small islands with an abundance of tourist spots
由大小31個島嶼組成，觀光景點比比皆是。

Seven out of the 31 islands are inhabited, and with no bridges overhead, the genuine charm and beauty of the environment of these remote islands is preserved. There are beaches for swimming, hiking trails, temples and shrines, as well as a number of cultural assets comprising the Japan Heritage "Stone Islands." Most recommended is the island tour that takes in all seven islands with distinct personalities.

31個島嶼中有7個是有人居住的島，沒有橋，保留著純粹濃郁的「離島」風土人情。有海水浴場、徒步旅行路線、寺廟神社佛閣，此外，還有眾多的日本遺產「石之島」的構成文化遺產。向您推薦巡遊7個具有豐富特色島嶼的島遊。

● Address / Kasaoka City ● Contact / 0865-69-2147 (Kasaoka City Commerce and Tourism Section)

●地址／笠岡市
●諮詢處／0865-69-2147(笠岡市商工觀光課)

推薦！觀光景點

Formative beauty created by nature
大自然賦與出的奇蹟般的美麗造型。



Makido / Ikurado Caves 滿奇洞、井倉洞

"Makido" Cave, the name of which is derived from a poem by the poet Akiko Yosano which described it as "a cave filled with mystery" and "Ikurado" Cave with a beautiful waterfall that plummets from a rock cave at a height of 50m; both of these mystical caves are must-visit places once you arrive at Niimi.

被詩人與謝野晶子詠讀的「充滿奇蹟之洞」的「滿奇洞」，還有從高50公尺的岩孔中瀉下的瀑布美景的「井倉洞」。這兩個洞都是前往新見市時必想去觀覽的神秘洞窟。

Makido Cave ● Address / 2276-2 Toyonaga Akouma, Niimi City ● Hours / 8:30 - 17:00 (Admission accepted until 16:30) ● Fee / Persons of high school age and older ¥1,000; Junior high school students ¥800; Children ¥500; Infants free ● Access / About 40 minutes by bus bound for Makido from JR Ikura Station to the final stop; About 20 minutes by car from the Hokubo IC of the Chugoku Expressway ● Contact / 0867-74-3100

滿奇洞 ●地址／新見市豐永赤馬2276-2 ●營業時間／8:30～17:00(入洞截止至16:30) ●費用／高中生以上1,000日圓、中學生800日圓、孩童500日圓、學齡前兒童免費 ●交通／從JR井倉站搭乘前往滿奇洞公車約40分鐘，在終點站下車／從中國自動車道北房1C車程約20分鐘 ●諮詢處／0867-74-3100

Ikurado Cave ● Address / 409 Ikura, Niimi City ● Hours / 8:30 - 17:00 (Admission accepted until 16:30) ● Fee / Persons of high school age and older ¥1,000; Junior high school students ¥800; Children ¥500; Infants free ● Access / About a 15 minute walk from JR Ikura Station; About 20 minutes by car from the Niimi IC of the Chugoku Expressway ● Contact / 0867-75-2224

井倉洞 ●地址／新見市井倉409 ●營業時間／8:30～17:00(入洞截止至16:30) ●費用／高中生以上1,000日圓、中學生800日圓、孩童500日圓、學齡前兒童免費 ●交通／從JR井倉站步行約15分鐘／從中國自動車道新見IC車程約20分鐘 ●諮詢處／0867-75-2224

Tsuyama Railroad Educational Museum 津山學習鐵道館

Visit the "former Tsuyama Fan-shaped Locomotive Depot," the second largest fan-shaped locomotive depot in existence in Japan, precious steam and diesel locomotive cars are preserved and displayed in the depot. Learn about the railroad while having fun, including about the history of the railroad primarily in the Okayama area, its relationship with society, railroad operations, and more.

以日本國內現存的扇形火車頭庫中位居第二大規模的「原津山扇形火車頭庫」為主，在車庫內保留、展示著蒸汽火車頭及柴油火車頭等珍貴車輛。還介紹以岡山地區為主的鐵道歷史、社會關連、鐵道的運行體系等，使來訪者能愉快的學習鐵道相關知識。

● Address / Otani, Tsuyama City ● Hours / 9:00 - 16:00 (Admission accepted until 15:30) ● Closed / Mondays (except for national holidays that fall on Monday, open on holidays and closed on Tuesdays) and December 29 - 31 ● Fee / Adults (persons of high school age and older) ¥300; Elementary and junior high school students ¥100 * As of March 1, 2020, the revised fee of ¥310 will apply for adults (persons of high school age and older). ● Access / About a 10 minute walk from JR Tsuyama Station; About 15 minutes by car from the Tsuyama IC on the Chugoku Expressway ● Contact / 0868-35-3343

●地址／津山市大谷 ●營業時間／9:00～16:00(入館截止至15:30) ●休息日／週一(國定假日時改為第二天)、12月29日～31日 ●費用／大人(高中生以上)300日圓、中小學生100日圓 ※從2020年3月1日起大人(高中生以上)的費用改為310日圓。 ●交通／從JR津山站步行約10分鐘／從中國自動車道津山IC車程約15分鐘 ●諮詢處／0868-35-3343

A must-visit museum for railroad fans
鐵道迷們必想去造訪一次的博物館。



Hiruzen Kogen Highlands 蒜山高原

Offers a variety of enjoyable leisure activities including cycling and gourmet dishes
感受自行車巡遊、美食、多彩的娛樂之情趣。

One of the best highland resorts in western Japan at an elevation of 500-600m, surrounded by majestic nature. Enjoy various leisure and other activities, such as Jersey cattle grazing and stock farm experience, shops to enjoy gourmet food and shopping, gardens where herbs are grown, cycling, hot springs, skiing, and more. The refreshing scenery and fun will make you feel like coming back again and again!

座落於雄偉的大自然中，海拔500～600公尺，是西日本屈指可數的高原度假勝地。在此可以感受放牧娟珊牛和牧場體驗、品嚐美食、逛游購物樂趣的商店、栽培香草等的植物花園、自行車巡遊、溫泉、滑雪等各種娛樂、活動之情趣。這裡的景色舒爽怡人，多彩樂趣會讓人產生了還想去的心念！



● Address / Maniwa City ● Access / About 10 minutes by car from the Hiruzen IC on the Yonago Expressway ● Contact / 0867-66-3220 (Hiruzen Tourism Association)

●地址／真庭市 ●交通／從米子自動車道蒜山IC車程約10分鐘 ●諮詢處／0867-66-3220(蒜山觀光協會)



Looking for a Delicious Meal at Farmhouse Lodgings 來農家民宿尋找美食。

Some Farmhouse Lodgings in the Land of Sunshine Okayama offer local cuisine using local ingredients. Because time moves slowly and the interaction with the local people and scenery make this the only place for such an encounter, the cuisine is even more delicious!

晴天之國岡山的農家民宿中也有許多使用當地食材做鄉土料理招待來客的設施。正因為是只在那裡才能邂逅到的時光與風景、人與人的交流才讓料理更美味！

Course Meal Using Local Fish 本地鮮魚的套餐料理

Full-Course Meal Using Fresh Ingredients!
選用剛捕獲的食材做的全套料理套餐！

A course meal that mainly uses sea bream caught in waters close to the remote island of Manabeshima offers the deliciousness of fresh ingredients as appetizers, sashimi, grilled, fried and other dishes.

套餐料理主要使用從離島真鍋島近海捕獲的鯛魚製作。前菜、刺身、烤魚、炸物等，可以充分享用由最新鮮的食材烹調而成的美味。

Local gourmet
here!
在這裡可以吃到！

10 INN THE CAMP

Good taste of sea bream in season guaranteed!
讓人讚不絕口的當季鯛魚之美味！

“Fudaraku-Nabe” Course in Ueda Village

上田村的
「補陀落鍋」套餐

Fresh Wild Game Meat Delicious
and Nutritious!

新鮮野味・十足好滋味！

Ueda Village's local *nabe* dish is made by stewing seasonal foods from the mountains and wild game meat. Enjoy *udonsuki* with curry added after enjoying *nabe*. Burdock roots harvested in Ueda are also served as an appetizer.

加入當季收穫的山珍和野味烹煮的上田村本地特色鍋。收尾時加入咖喱，做成什錦烏龍麵鍋。還有用上田牛蒡做的前菜。

Local gourmet
here!
在這裡可以吃到！

16 Hoshinoshita-
no-Guesthouse
星下民宿



Enjoy eating a *nabe* dish over an *irori* fire!
圍著地爐鍋享受歡樂時光！

Charcoal-Grilled Dish Using Chiya beef and Vegetables Together with Local Dishes

炭火烤千屋牛肉
與蔬菜及鄉土料理

Nutrition and Tradition of satoyama stewed!

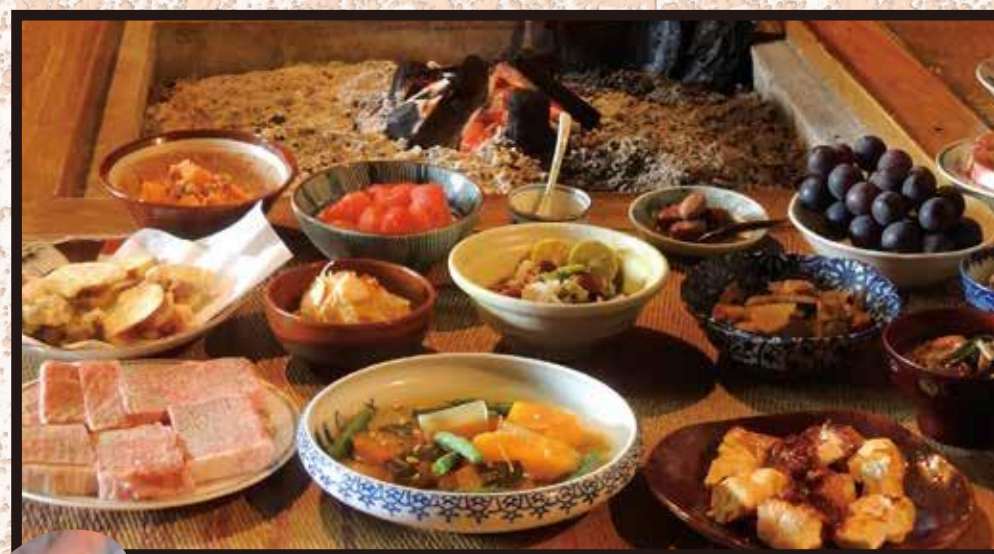
由里山中的食材燉煮出的營養與傳統！

Enjoy thick slices of Okayama's local meat *Chiya* beef around an *irori* fireplace. *Mochi* or *sansai okowa* using *Himenomochi* rice harvested in Chiya is also served depending on the season.

圍著地爐品嚐岡山名產厚切千屋牛肉。如果適逢季節，您還可以品嚐到千屋產Himenomochi（一種糯米）做的年糕餅或山菜蒸糯米飯。

Local gourmet
here!
在這裡可以吃到！

11 Old Folk House Inn
Chiya Outdoor-House
古民房民宿
千屋Outdoor House
(山中古民房)



This will boost your stamina!
能量滿滿，補充體力！



On your way to and from the Farmhouse Lodgings in the Land of Sunshine Okayama, why not drop in at any restaurant for some good local gourmet soul food. Don't miss your chance!

在往返晴天之國岡山農家民宿的路上，品嚐一下岡山各地的當地美食如何？不吃難免會留下遺憾！

Bicchū Area



Kurashiki City
倉敷市
Kojima Takoshio Yakisoba
兒島章魚鹽味炒麵

A taste unique to the Kojima area, where salt making was once popular. Firmly-textured octopus (*tako*) is delicious!

只有在過去製鹽業興盛的兒島地區才能品嚐到的美味。肉質飽滿、彈力十足的章魚味道好極了！



Kasaoka City
笠岡市
Kasaoka Ramen
笠岡拉麵

Shoyu ramen is characterized by chashu roasted pork fillet. In Kasaoka, where chicken farming once flourished, chashu is made using chicken meat from Kasaoka-bred adult hens.

在曾經養雞業很繁榮的笠岡可以吃到以種雞肉做的叉燒為特色的醬油拉麵。

備中地區



Okayama City
岡山市
Okayama Demikatsu-don
岡山多蜜醬炸豬排蓋飯

The western-style pork cutlet rice bowl is served with demiglace sauce that is specially made at each shop. Find a sauce that suits your taste buds!

濃蓋多蜜醬的西式風味炸豬排蓋飯。每個店有不同口味的醬汁，快去尋找自己喜歡的那一款吧！

Bizen Area



Bizen City
備前市
Hinase Kaki-Okō
日生牡蠣御好燒

This *okonomiyaki* dish uses plenty of fresh oysters (*kaki*). It could only be made in Hinase, a landing port famous for its oysters.

加了大量新鮮牡蠣的御好燒。只有在以牡蠣捕獲量聞名的日生才能吃到的美味。

美作地區



Tsuyama City
津山市
Tsuyama Horumon Udon
津山內臟烏龍麵

Tasty fried *udon* uses fresh tripe and specially made original homemade sauces. This dish has many fans from all over Japan.

使用新鮮內臟和各店特製的醬汁烹製的口味濃郁的炒烏龍麵。在全日本亦受到眾多吃客的追捧。



Maniwa City
真庭市
Hiruzen Yakisoba
蒜山日式炒麵

Yakisoba using chicken has been traditionally eaten in the Hiruzen area. You will quickly become addicted to its richly flavored taste!

在蒜山地區可以吃到由來已久加了雞肉的日式炒麵。偏重口味好吃到讓人停不下來！

備前地區



ACCESS Access to Okayama Prefecture
前往岡山縣的交通



Location of Okayama Prefecture
岡山縣位置

By Car
利用汽車時

Time Required to Get to Okayama Prefecture
前往岡山縣的所需時間

From Osaka 從大阪	About 2 hours 10 minutes 約2小時10分鐘
From Hiroshima 從廣島	About 1 hour 50 minutes 約1小時50分鐘
From Yamaguchi 從山口	About 1 hour 40 minutes 約1小時40分鐘
From Kure 從久米	About 2 hours 約2小時
From Matsuyama 從松山	About 2 hours 20 minutes 約2小時20分鐘
From Tokushima 從德島	About 2 hours 30 minutes 約2小時30分鐘
From Fukuoka 從福岡	About 5 hours 20 minutes 約5小時20分鐘

By Plane
利用飛機時

Time Required to Get to Okayama Momotaro Airport
前往岡山桃太郎機場的所需時間

From Haneda Airport 從羽田機場	About 1 hour 10 minutes 約1小時10分鐘
From Shin-Chitose Airport 從新千歲機場	About 1 hour 50 minutes 約1小時50分鐘
From Naha Airport 從那霸機場	About 2 hours 約2小時

By Rail
利用鐵路時

Time Required to Get to Okayama Station from Major Cities
從主要城市前往岡山車站的所需時間

	<div>About 2 hours 30 minutes</div> <div>Kanazawa 金澤</div>	
<div>Hiroshima 広島</div>	<div>Sanyo Shinkansen About 35 minutes</div> <div>山陽新幹線 約35分鐘</div>	<div>Shin-Osaka 新大阪</div> <div>Sanyo Shinkansen About 45 minutes</div> <div>山陽新幹線 約45分鐘</div>
<div>Shin-Yamaguchi 新山口</div>	<div>Sanyo Shinkansen About 1 hour 10 minutes</div> <div>山陽新幹線 約1小時10分鐘</div>	<div>Tokaido/Sanyo Shinkansen About 3 hours 15 minutes</div> <div>東海道・山陽新幹線 約3小時15分鐘</div>
<div>Kokura 小倉</div>	<div>Sanyo Shinkansen About 1 hour 25 minutes</div> <div>山陽新幹線 約1小時25分鐘</div>	<div>Tokyo 東京</div> <div>Sanyo Shinkansen About 1 hour 35 minutes</div> <div>東北・北海道新幹線 約4小時20分鐘</div> <div>Shin-Hakodate-Hokuto 新函館北斗</div>
<div>Hakata 博多</div>	<div>Sanyo Shinkansen About 1 hour 40 minutes</div> <div>山陽新幹線 約1小時40分鐘</div>	<div>Tokaido/Sanyo Shinkansen About 1 hour 35 minutes</div> <div>東海道・山陽新幹線 約3小時15分鐘</div>
<div>Kumamoto 熊本</div>	<div>Sanyo/Kyushu Shinkansen About 2 hours 15 minutes</div> <div>山陽・九州新幹線 約2小時15分鐘</div>	<div>Shin-Osaka 新大阪</div> <div>Sanyo Shinkansen About 1 hour 40 minutes</div> <div>山陽・九州新幹線 約2小時15分鐘</div>
<div>Kagoshima-Chuo 鹿兒島中央</div>	<div>Sanyo/Kyushu Shinkansen About 3 hours</div> <div>山陽・九州新幹線 約3小時</div>	<div>Tokaido/Sanyo Shinkansen About 1 hour 35 minutes</div> <div>東海道・山陽新幹線 約3小時35分鐘</div>
		<div>Rapid-Service Marine Liner About 1 hour</div> <div>快速Marine Liner 約1小時</div>
		<div>Limited Express Nanpu About 2 hours 30 minutes</div> <div>特快南風 約2小時30分鐘</div>
		<div>Limited Express Shioaze About 2 hours 50 minutes</div> <div>特快瀬風 約2小時50分鐘</div>
		<div>Shin-Osaka 新大阪</div> <div>Sanyo Shinkansen About 3 hours</div> <div>山陽新幹線 約3小時</div>
		<div>Tokyo 東京</div> <div>Sanyo Shinkansen About 1 hour 35 minutes</div> <div>東北・北海道新幹線 約4小時20分鐘</div> <div>Shin-Hakodate-Hokuto 新函館北斗</div>
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		<div>Tokaido/Sanyo Shinkansen About 1 hour 35 minutes</div> <div>東海道・山陽新幹線</div>

Route Map of Okayama 岡山週邊路線圖

