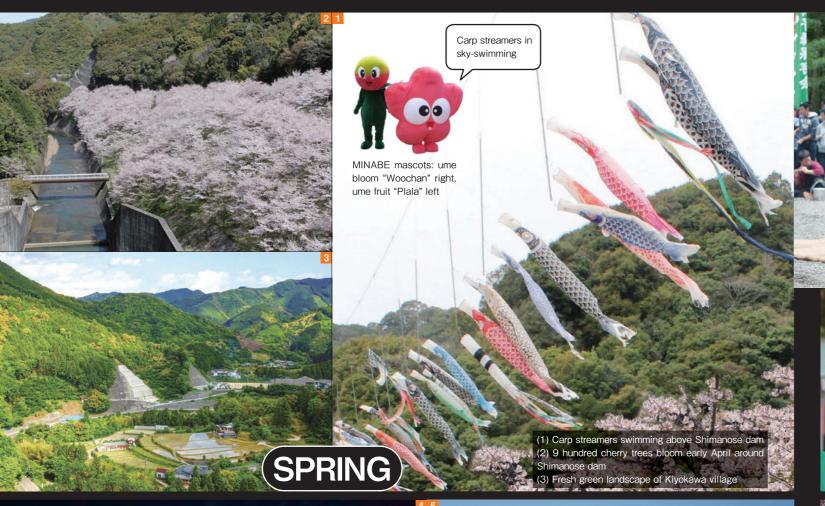


Visiting MINABE in the seasons

Ume blooms, cherry blossoms, trad fests. When life is in rhythm with the seasons, Nature's helping hand is there.









Diving/hot spring spots along the Kumano Kodo ancient trail

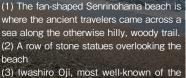
Feeling and experiencing

HISTORY TREADS



Walking the shore route of Kumano Kodo trail

MINABE was a post village along Kiiji trail (the main route of old Kumano Kodo connecting to Osaka and Kyoto), hosting the vestige sites of Oji shrines. MINABE was a rare site where the ancient trail came so near to



99 old Kumano Oji shrines (4) The Senri Oji is also called "The Oji of

Shells" from dedicating the shells picked



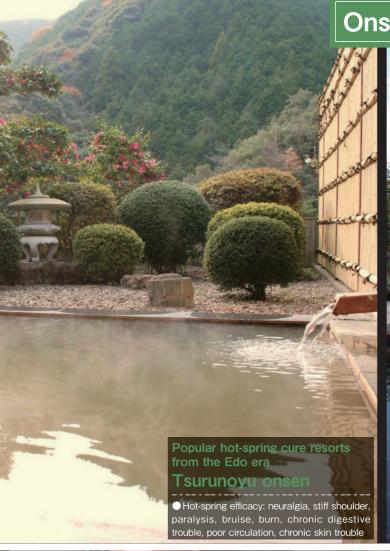
Transferred from Kashima IIe; its shrine building was



The house of the Edo billionaire family Ohe remaining as a national cultural heritage; welcome to take

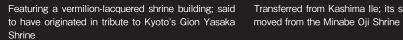
Visitors enjoy walks for MINABE's historic heritages, onsen rests, seafood restaurants, and diving in a scenic sea.





Breezy ocean view Minabe/ Senrihama onsen

 Hot-spring efficacy: cut, burn, chronic skin trouble. weak constitution, chronic female disorder, neuralgia. muscular pain, stiff shoulder, paralysis, fatigue





Ocean Encounters

- (5) MINABE sea hosts a rich colony of table corals.
- (6)(7) The lovely tropical fishes off Minabe shore (8) MINABE is the world's only home to ohkawari sea anemones.
- (9) Stand up paddle boarding (SUP) Experience.
- (10) Senrinohama beach is a beach with the highest density of Loggerhead Turtle's egg-laying in Honshu. It is the working of the life that I want to protect







Ise lobster MINABE is a major fishing site of Ise lobsters grown in the Kuroshio Current.



harvest shirasu sardines year around. Freshly boiled shirasu and salted ume fruit on top of hot rice make up the delicious suited for drying, pot cooking or frying.



Sanma saury sushi (offered only in autumn and winter) trad sushi having a mildly salted sanma slice on sushi rice with a citrus flavoring.



Utsubo (sea-gang) Its collagen-rich white flesh is



grouper (high-quality fish) Big fish of often over 1 m, caught in very small numbers. Their fatty white flesh is loved for eating raw or



Kishu Binchotan charcoal

It's used not only as a long burning cooking fuel but also as a water purifier (mineral water maker), as a far-infrared emitter in bathtubs, so on and so on.



With its metal-like hardness and gloss, it's designated a Wakayama cultural heritage.



Interested to make a soothing wind bell or a minus-ion powered bracelet using binchotan? For your class experience. please book two weeks before (\1,400 per

Handing down the Kishu binchotan craft

Kishu Binchotan Sesame-flavored ice Promotion Center

Offers a display of wide-ranging charcoals, participation in wind bell/ bracelet handicraft classes, and firsthand observation of Kishu binchotan charcoal making.

Address: 1267 Kiyokawa, Minabe-town; Tel. 0739-76-2258; 8:30~17:00, closed on Saturdays, Yearend, New Year days (no admission fee)

Ume **Experiences**

Manufactured in unique earth kilns

Nankoume is the premier grade ume apricot developed in MINABE. It's large and has soft flesh. Visitors can enjoy varied experiences with nankoume.

- 1 Take part in ume fruit picking in June.
- 2 Try dyeing cloths with ume-derived dyes.
- 3 Make original nankoume liquer/juice to your taste.
- 4 Make an additive-free jam from nankoume and sugar.
- 5 Make original dried nankoume to your taste.





Visit us for all about ume Minabe Ume **Promotion Center**



Ume soft ice cream Sour-sweet ice cream on sale at the Ume Promotion

Offers information on MINABE history and culture, the history and science of ume. Also sells a wide variety of ume products.

Address: 538-1 Taniguchi, Minabe-town; Tel. 0739-74-3444; 9:00~17:00, closed on Tuesdays (opened all days in February, no admission fee)



Handkerchiefs, stoles and other fabrics dyed with ume tree derivatives are popular souvenirs for their elegant colors.



A Japanese confection made with the filling of a whole fully ripe ume that is pickled in ume liquor and generous amounts of custard and



Bread made with "Ume eggs'

Soft and fluffy bread is what you get when you use eggs of Kishu Umedori chicken bred on a diet of ume plum vinegar. An assortment of dessert breads, and dressed breads containing ume and vegetables all harvested in MINABE, are offered.



MINABE is Japan's leading ume producer. In 2015, the "Minabe-Tanabe

Ume System" was designated a world

agricultural heritage by FAO

(UN Food and Agricultural

Hand-made jams with a sour-sweet ume flavor go well with bread, yogurt, ice



Umeboshi(a pickled ume)

Dried premier nankoume ume is best for onigiri (rice balls) and bento (Japanese lunchboxes), and among the best souvenirs to other countries. It comes with different tastes from salty to honey sweet, and free samples are ready at most stores.



Fruity ume liqueurs are produced with ripe ume. The bright red tsuyuakane is a liqueur made with red ume. Additiveree ume liqueur is the mix of ume, liquor and sugar only.



Ume Cake

Soft and spongy

cakes made with

roughly chopped

liquor-pickled ume

plums that are a

favorite of children

to grownups.

sorts are making their debut with a tomato, mandarin, bonito or kelp taste.

Dishes with Dried Ume/Jam

Gyoza Dumplings with Ume

These dumplings containing minced meat and ume pulp give a refreshing taste at a bite, and is a local favorite



Peperoncino in Minabe Style

Japanese-Italian com dish with pasta, nanko vegetables, shirasu sardines harve Minabe.



kayama "Ponch" Assorted sweet of candied nankoume, fruits, ume syrup

marshmallows and other produce

of Wakayama.

Ume-based Lunch Set

Served with a bowl of noodle topped with local seaweed and dried-bonito flakes, umecucumber-fish rolls, shrimp tempura, this is a lunch set worth trying.



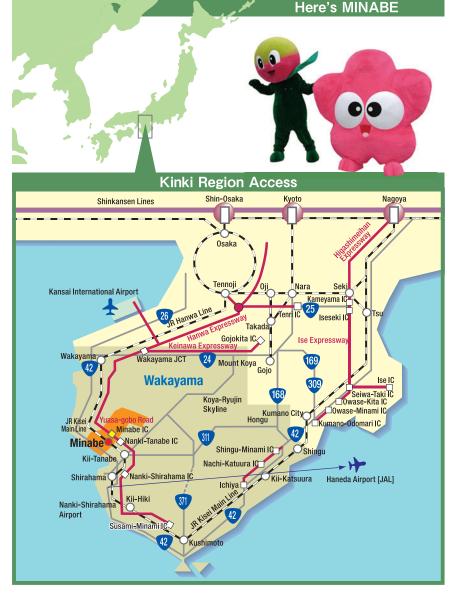


Pizza with Shirasu and Nankoume

Made extra delicious by an ume paste sauce and freshly boiled shirasu.







MINABE in focus Tsurunoyu hot spring Kishu Binchotan Promotion Center Nat. Highway 424 Ume Promotion Center Iwashiroso Tourist Hon Minabe ume groves Minabe Town Hall Kishu Minabe Royal Hotel (Senrihama hot spring) JR Minabe Bay Hotel Asahirou Hotel Kishuji Minabe (Minabe hot spring)

Access

By JR train

To Minabe Sta. on JR Kinokuni Line from Kyoto/ Osaka/Kobe:

- 1¾ h by express train from JR Tennoji Sta.
- 2 h by express train from JR Shin-Osaka Sta.
- 2½ h by express train from JR Kyoto Sta.
- 3 h by express train from JR Sannomiya Sta. (Transfer at Osaka Sta.)
- 8 min by local train from JR Kii-Tanabe Sta.

By car

- 2 h to Minabe interchange from Osaka (11/3 h from Kansai Intl. Airport)
- 2% h from Kyoto or Kobe
- Half an hour from Nanki-Shirahama Airport

By express bus

- 2½ h to Minabe town hall from JR Osaka Sta. (2 1/6 h from JR Namba Sta.) (10 round trips/day)
- 3 h from Kyoto Sta. Hachijo exit (2 round trips/
- 10½ h from Tokyo Ikebukuro east exit (1 round trip/day)

Rental cars, Taxis

Deguchi Sekiyu **Car Rental**

Address: 1437-2 Haneta, Minabe-town Tel: 0739-72-2147

Minabe Taxi

Address: 377-15 Shiba.

Minabe-town Tel: 0739-72-2133

Hotel Kishuji Minabe

www.kishuji-minabe.jp/

Bay Hotel Asahirou

Minabe-town Tel: 0739-72-5000

www.asahiro.com/

Address: 1589-2 Haneta,

Minabe-town Tel: 0739-72-3939

Address: 1540 Haneta,

Accommodations in MINABE



Kishu Minabe **Royal Hotel**

Address: 348 Yamauchi, Minabe-town

Tel: 0739-72-5500 www.daiwaresort.jp/minabe/



Iwashiroso Tourist Home

Address: 321-1 Nishiiwashiro, Minabe-town



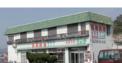
Tel: 0739-72-3546



Tsurunoyu Hot Spring Address: 47 Kumasegawa, Minabe-town 47 Tel: 0739-75-2180

Regular holiday: Tuesday (except public holidays and in February)

www.tsurunoyuonsen.jp/



Hot spring tourist home "Rich"

Address: 942-1 Haneta, Minabe-town

Tel: 0739-72-4120 http://minshuku-rich.com/

For more information:

Minabe Town Tourist Association

Address: 742 Shiba, Minabe-cho, Hidaka-

gun, Wakayama-ken Tel: 0739-74-8787 Tel: 0739-74-3276

(MINABE Town Hall, ume sect.) www.aikis.or.jp/~minabe/

