



Shimokawa

Relax, Refresh, Reconnect, And Nurture The Forest Like A Local

EXPERIENCE SHIMOKAWA THROUGH ITS FORESTS



Your journey through Shimokawa will start in the forest.

As you move between the trees, you can pick out the smell of fir sap, the sound of birdsong, the tracks left behind by deer and foxes – and perhaps you can even feel the therapeutic effects of “shinrinyoku”, the Japanese practice of ‘forest bathing’. You will learn about Shimokawa’s connection to its forests, and you can help to maintain them by pruning low-hanging branches. You will carry these trimmings with you back to the eco-house, to distil them into relaxing essential oils.

Wherever your journey takes you from here, you will leave refreshed, well-fed and warmed by the welcome of the people of Shimokawa.



WOODCRAFT WORKSHOPS

In the My Hashi Experience, you can learn about the design and use of Japanese chopsticks from wood-worker Kondou-san, then design and shape your own personalised chopsticks using traditional methods. Shimokawa’s artisans are dedicated to bringing the forest into peoples’ lives. Relax and share their passion in a variety of workshops around town.



MORI JAM

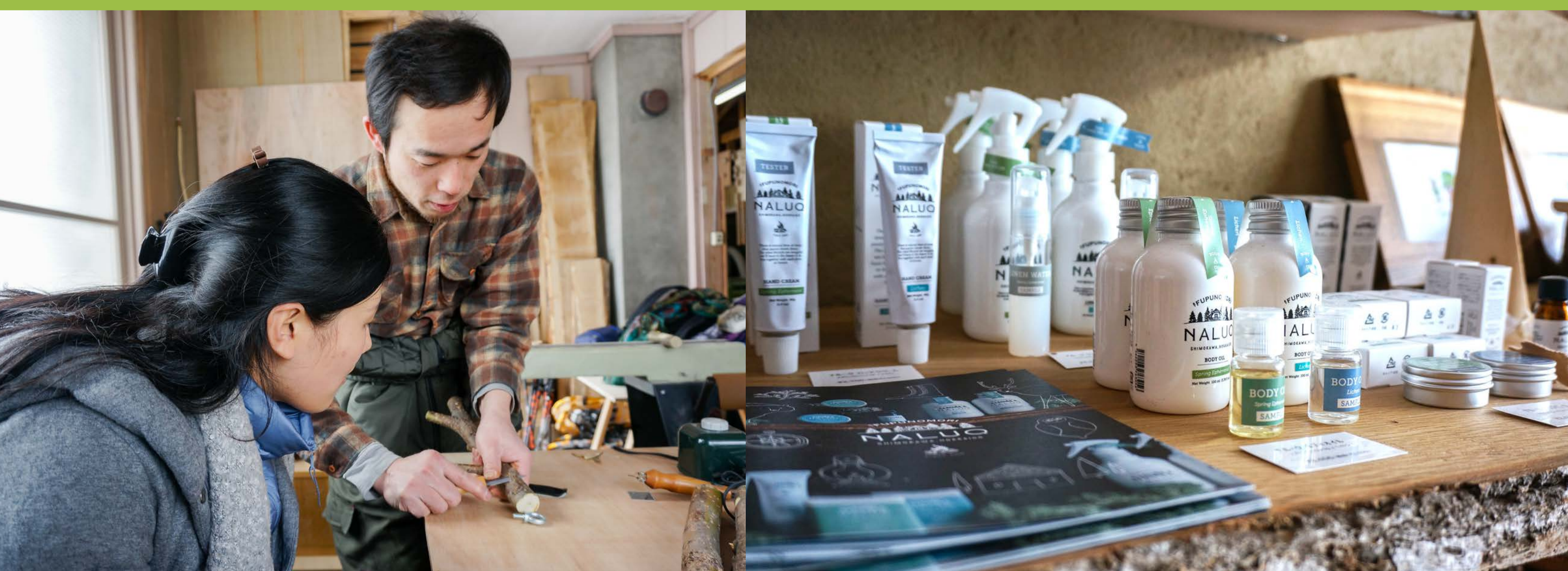
Shimokawa’s residents moved here from across Japan, but they are united by their passion for the forests. Mori Jam, which takes place in July, is a celebration of both the town’s diversity and of nature in full bloom. You can see Shimokawa’s artisans at work, picnic on seasonal ingredients, and meet the town’s unique residents. All are welcome.



UDON FESTIVAL

Hand-stretched udon making began as a way to occupy farmers during Hokkaido’s snowy winters. Now, family businesses across the town make Shimokawa udon, renowned for its satisfying, chewy texture. Udon is celebrated each year in August with handouts of noodles, local performances, eating competitions and parades.

Special offers and more available through the QR code below!



Where will your journey from the forests take you? Perhaps to a workshop, where you can carve birdcalls, make personalised chopsticks, or weave coasters from bark. Or perhaps into the town centre, to discover eco-friendly, all-natural cosmetics. And don’t forget to visit the local restaurants to sample the hand-stretch udon, sweet “fruits” tomatoes or luxurious white asparagus before you continue your travels. For more information from our website, please scan the QR code.

