



Introduction to Shimokawa Tourism

A journey through Shimokawa starts in the forest.

Whether they are forest tours, workshops, or community events in the forest such as Mori-Jam, you can immerse your senses in the smell of greenery, the sound of birdsong, and perhaps even feel the therapeutic effects of “shinrin-yoku”, the Japanese practice of ‘forest bathing’.

Then, walk back to the town centre where an array of personalised woodcraft workshops, restaurants and stalls serving delicious, local, seasonal cuisine, and the warm welcome of the people of Shimokawa await you.

Here are a variety of workshops where you can create your own original experience.

Spending time in the forest, focusing your senses in craft-making, enjoying interaction with local people and artisans – on journey through Shimokawa you will gain a rare experience of forest culture and of a community that both nurtures and utilizes nature.

- Bird-Call Workshop
- My-Hashi Workshop
- Seasonal Forest Walking Experience
- Forest Walking Experience and Distilling Essential Oils
- ‘Shirakaba’ White Birch Item Workshop
- Camomile Herbs Picking and Cosmetics Making
- Mori Jam 【EVENT】 2017.July 8th(SAT)-9th(SUN)
- Hand-pulled Udon Festival 【EVENT】 2017.August 26th(SAT)-27th(SUN)

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CONTACT US (ENGLISH/JAPANESE) Shimokawa Tourist Association **ADDRESS** Town Vitalization Center “Komorebi”
(1-1, Kyoei-machi, Shimokawa-cho, Hokkaido 〒098-1203) **TEL** 01655-4-2718 **EMAIL** nposhimokan@gmail.com