



In its sustainable lifestyle, its wood-workshops and scenery, Shimokawa is defined by its forests. Many of Shimokawa's woods are planted by people, but participants will feel no less adventurous as they explore through the woods in snow shoes in the winter months, and enjoy the vibrant greenery and freshness in spring/summer-time forest. Forest walking engages all the senses - smelling 'todomatsu' fir sap, spotting animal prints in the snow in the winter, finding beautiful flowers in the warm seasons, and tasting herbal tea inside the forest. By the end of the walk, participants may feel some of the relaxing, refreshing effects of the Japanese practice of 'forest bathing', and perhaps if you're lucky take home some edible wild plants traditionally enjoyed in Japanese seasonal cuisines.

1. Place : Forest behind Gomi Onnsen (Hot Spring)  
※Gather at Mori-no-Seikatsu Office (Mikuwa-gaoka Management Building)  
OR in front of Gomi Onnsen (Hot Spring)
2. Season : All year round
3. Time : 10AM ~ 12PM OR 13PM~15PM
4. Age : For all ages
5. Number of people : 1 ~ 10 (flexible upon request)
6. Workshop contents : Forest walking & tea time in the woods = Max 2 hours
7. Fee : - ¥2,000 per person for group attendance  
(Cash Only) - ¥3,000 for single attendance  
- ¥1,200 per child of age 4~6  
- Free per child below age 3
8. Clothing : Clothing comfortable to walk in
9. Reservation : 7 days prior to the preferred date of the workshop