





Mie – a town of delicacies surrounded by plentiful waters and mountains



Nagasaki Wagyu Beef: Dejima Barairo – voted the best in Japan



The widest variety of fish in Japan – Mie is the town for delicious sashimi



New Nagasaki Fishing Port – boasts the third largest sea food hauls in the country



Kamaboko - minced fish paste made from fresh fish that is cured overnight



Sotome - A Christian village of dazzling seas and glorious sunsets



Father Marc Marie de Rotz, who used his own money to help people in Sotome live independently



World Heritage designation located in Sotome



Onakao Terraced Rice Fields - site of an autumn fire festival in which 6,000 lights create a fantastic



Ikeshima Coal Mine - the last coal mine to close in Kyushu; operational until 2001



Kinkai – a colorful town through the four seasons overlooking the beautiful Omura Bay



Kinkai Central Park - where the stone walls of the remains of Kosaki Castle and its woodlands have been preserved as a park



Omura Bay - a bay with a beautiful ria coastline



Yashirogaoka Flower Park - Canola blossoms in spring and spider lilies in the autumn weave a beautiful



Nagaura watermelons - cultivated since 1885 and boasting a sugar content of 12% or more



Relax in the Sakuranosato Park, Where around 8,000 cherry trees burst into bloom







#### Nagasaki City Sakuranosato Park

Around 8,000 cherry trees are planted in the park, making it popular with blossom viewers in the spring. There is a large field and also tennis courts, allowing visitors to enjoy themselves in various ways.





For applications to use tennis courts, etc., contact the Nagasaki City Sports Promotion Division TEL: 095-824-3728 Parking available





#### A bakery for the ladies Happy Pan

The bakery does not use any artificial ingredients. Its showcases are lined with the sort of bread you want to make a gift of. It is open on Thursdays, Fridays and Saturdays only, and customers choose and point to the bread they want. The shop runs a subscription service and receives many orders for deliveries from all over Japan.

2-15-1 Sakuranosato, Nagasaki City 11:00-17:00 (Closes when sold out) Closed on Sundays, Mondays, Tuesdays and Wednesdays TEL: 090-3593-0887 Parking available for five cars







This cafe has it all: lattes made using an espresso machine, handmade sweets, seasonal drinks, cakes, pies, and more!

A particular favorite is the latte caramel pudding, actually made with a latte and brown sugar.

2-11-10 Hoyodai, Nagasaki City 12:00-17:00 Take-out available Closed on Mondays and Tuesdays Parking available for one car





The cafe was in a cargo ontainer painted like a latte! So chic!

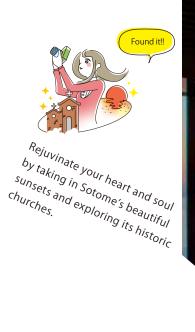




1169 Narumi-machi Nagasaki City TEL: 095-850-2213



04



Sotome Cafe Enchante at the Endo Shusaku Literary Museum A casual Access the green tourism website to



Three bridges painted in the colors of the French tricolore to illustrate Sotome's link to its Sister City Vaux-sur-Aure, the birthplace of Father de Rotz

#### The Tricolore Bridges

Travel north along National Highway 202 and you will be able to see three bridges painted in blue (Shiyagouchi Bridge), white (Arakawa Bridge), and red (New Konoura Bridge). The bridges have been painted in these colors to match the French flag, in a mark of gratitude to Sotome's benefactor, Father de Rotz.



#### A journey through the memories of the Christian Era

#### Sotome's Churches

Sotome has its own unique culture originating from its ties to Christianity, and is full of places in which that culture remains to the present day. Places of solace, these churches are the product of the good works of many people and they have withstood many hardships. Within these churches, you can have a calming time, enjoying a space of serenity and sanctity.



77 Higashi-Shitsu-machi, Nagasaki City 9:00 -17:00 Closed on Dec. 29 - Jan. 3 Parking available for 10 cars

#### Landscape blending nature and the work of people

#### Onakao Terraced Rice Fields

The Onakao Terraced Rice Fields, selected as one of the best 100 rice terraces in Japan in July 1999, provide the chance to view magnificent scenery surrounded by nature. The terraces, which reflect the changes of the four seasons, present a calming view.



literature. In addition to exhibiting

located in a position with marvelous

views across the Sumonada Sea. The

sight is so beautiful you almost lose

your sense of the passage of time.





participate in the experience.



Taira Bakery

Here you can experience baking bread with Mrs. Taira, who has been baking for many a long year. Novices are of course welcome! How about tasting some freshly baked bread while enjoying the scenery.



Tanada no Sato

Experience living in a home in the middle of the rice terraces. Lots of visitors return to taste the good, old-fashioned food of Mrs. Kawaguchi and enjoy her friendly personality

Homestays

TEL: 0959-25-0598

Simmered Food Cooking Experience

621-3 Konoura-Shimo-Onakao-machi, Nagasaki City TEL: 0959-24-0548





#### Enjoy cherry trees in full bloom and the elegant dancing of fireflies Tone River's Cherry Trees and Fireflies

Cherry trees along the Kinkai Tone River, which have been awarded the Nagasaki Cityscape Award, are planted along both banks for a stretch of two kilometers. In springtime, the cherry trees in full blossom and the adjacent Yashirogaoka Flower Park's fields of canola flowers are a feast for the eyes.

The Tone River is also a great place to spot fireflies, and from the end of May to early June they can be seen captivatingly dancing around the nighttime riverside.





2212-1 Kinkai-Tonehara-machi To apply to participate in the farming activities at the auto campsite, contact

the Regional Maintenance Division, North General Office. TEL: 095-814-3410 Parking available for 42 cars

Camp from inside your car, too!

#### Yamabiko Family Campsite

Here you can pull up your car and camp in the camping field or mountains. The campsite is suitable for camping novices, and you can enjoy the Finnish sport of Mölkky. The walking routes are all planted with flowers for you to enjoy on your strolls.



2360-20 Kinkai-Muramatsu-machi, Nagasaki City TEL: 095-884-1807 Parking available

#### Where Omura Bay's magnificent scenery unfolds

#### Kinkai Akamizu Park

Located in a superb place overlooking Omura Bay, walks can be enjoyed in the park while taking in the views and nature. There is also a large field, observation deck, car-camping site, farming activities available, and opportunities for all sorts of experience surrounded by nature. The cosmos flowers spread out in a floral carpet are perfect for viewing in mid-October.



#### Seirvu to Tanada no Sato

Situated upstream of the Tone River, this camping facility is the first in the Kinkai district where you can experience a tent sauna, a type of sauna where you set up a tent, light a wood stove and fill the tent with steam.

Refresh your mind and body by soaking in the water or reclining in the fresh air after relaxing in the tent sauna. Come and try 2258 Kinkai-Tone-machi.

the first tent sauna

in Kinkai!

Nagasaki City 9:00 - 17:00 Reservations available Closed on January 1-3 and August 13-15 TEL: 090-4359-4743 Parking available for approx. 30 cars



Saunas

#### Experience Workshop: Original

The workshop is a place, rare anywhere in Japan, where you can make models of food samples from scratch. And you can even take the models home with you! Reservations are required in advance.

4669-20 Nishiumi-machi, Nagasaki City 10:00-12:30 14:00-17:00 Irregular holidays (Reservations required) TEL: 090-1197-9227 Parking available for two cars



Food Model Crafting

08

Mie

## 211/-

# Travel around and enjoy the flavors and fresh foods of Mie





## Feast to your heart's content on the bounty of the seas!

#### Suisan Shokudo (Fishery Canteen)

The canteen procures all its seafood from the Nagasaki fish market, and is proud of the freshness of its sashimi. For 1,380 yen you can enjoy a sashimi set meal with sea bream miso soup, featuring eight or nine varieties of sashimi that change every day as well as fried fish or tempura; enough to satisfy any appetite!

The sea bream miso soup alone, served in a large bowl, is enough to fill you up!!

Used as a canteen by those working at the fish market in the morning, from lunchtime onwards it becomes a set lunch restaurant serving meals made with love and care.

3-3-1 Kyodomari, Nagasaki City 6:00-14:00 (last order) Sashimi served from 7:00 Take-out available Closed on Sundays (coincides with fish market holidays) TEL: 095-850-3751 Parking available









#### Enjoy a relaxing moment with bread and carefully brewed coffee as the sea spreads out before your eyes

#### JUNE COFFEE

June Coffee is a bakery and cafe serving original blend coffee and genuine bread baked by chefs who studied the craft in the United Kingdom and France. The exterior of the cafe is based on the design of the Sotome museum and you can see the ocean from the windows.

The bread is baked using the finest French flour and butter, and this commitment to taste and quality has garnered many fans. The croissants and pain au chocolat are multi-layered and deliciously flaky. The harder breads, brioches and desserts are also highly recommended. The cafe serves an original four-bean blend of coffee that is delicious served iced, hot, or as a latte.

1192-1 Aze-machi, Nagasaki City 11:00-18:00 (last order 17:30) Take-out available (drink only) Closed on Wednesdays TEL: 090-6801-3277 Parking available for 50 cars









## A colorful array of dishes crafted from the bounty of the seas

#### Sushi and Japanese Restaurant: Sunayoshi

The restaurant is just below the Sakuranosato Bus Terminal, making it easily accessible.

Its most popular menu option is the Hanakago, literally "flower basket," in which a wide variety of fresh fish and shellfish are arranged in a culinary feast. It is certainly a filling meal, accompanied by sushi made with the freshest ingredients and a fish soup with a rich broth! You can sit at the counter and enjoy the dexterity of the sushi chefs, or relax at a table on the raised tatami mat floor.

There are also private rooms perfect for special events or enjoying fabulous food in the company of close friends. Enjoy the fruit of the sea

3-380-2 Sakuranosato, Nagasaki City 11:30-13:30, 17:00-21:30 Reservations available Closed on Mondays TEL: 095-850-0216 Parking available for 16 cars







#### Western Diner: Himawari Tei

This is easily the most popular restaurant for Turkish rice, a Nagasaki soul food. People of all ages come to eat here and there is also a large kids' menu. The wide interior sits 100 people, and on the walls are displayed signed illustrations from the famous Yowamushi Pedal manga, and Kamen Rider merchandise!

The Turkish rice is a great dish consisting of a pilaf with an

The Turkish rice is a great dish consisting of a pilaf with an original Japanese-style sauce, a curry sauce with plenty of sweet onions, topped with spaghetti and meat sauce, and tender pork cutlets fried in breadcrumbs! You can choose all sorts of other toppings, so try making your own original Turkish rice.

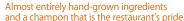
2-9-34 Kyodomari, Nagasaki City 11:00-21:30 (last order 21:00) Take-out available Irregular holidays (listed on the website) TEL: 095-840-1860 Parking available for 25 cars



This is a sanctuary for fans of Watanabe Wataru, the Nagasaki-born creator of the "Yowamushi Pedal" series!







#### Chinese Restaurant: Chikurin

The owner commits himself to cooking foods with more than 90% additive-free, hand-grown ingredients. Popular dishes include the pork wrapped in lettuce and prawns mixed with mayonnaise. All the prawn are removed from their shells in the kitchen. The champon soup has a characteristic fullness and smoothness of taste that the restaurant has cherished over the 27 years since its opening.

The menu is varied and popular with those bringing children! There are private rooms and a raised tatami mat floor making it ideal for people coming together on special days or spending a relaxing time with the family.

320 Azekari-machi, Nagasaki City 11:00-15:00, 17:00-21:00 Take-out available Closed on Wednesdays TEL: 095-850-2629 Parking available for two cars





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Sotome After enjoying the historical sites, travel around Sotome and taste the delicious cuisine



An old-fashioned cafe with a view of the sea, where time passes peacefully.

#### cafe OZIMOC

Renovated from an old wooden house, the cafe is located near the parking lot of the Ono Village in Sotome, a World Heritage Site, in a place rich in nature.

The cafe also has a booth selling accessories and other goods made by local artists. The counter seats offer a panoramic view of the Sumonada Sea.

All food items on the menu come with a salad and a drink.

2542 Shimo-Ono-machi, Nagasaki City 11:00-17:00 (last order 16:30) Take-out available Closed on Tuesdays. Wednesdays and Thursdays TEL: 050-7583-2734 Parking available for approx. 20 cars (municipal parking lot)













#### Satisfy yourself with dishes that are carefully prepared using fresh eel.

#### Eel Restaurant Sasano Shokudo

This restaurant has long been known as a place where you can enjoy fresh eel dishes. The owner uses local charcoal from Kamiura to grill the eel, keeping it alive in the local waters of Kamiura until just before cooking.

The dense and aromatic "unaju" (eel over rice dish) is the most popular dish because of how filling it is. All meals are by reservation only, so you will need to contact the restaurant at least one day in advance. There is also a cozy counter and a tatami room where you can relax.

45 Konoura-Shimo-Onakao-machi, Nagasaki City Reservations required by the day before Take-out available Irregular holidavs TEL: 0959-24-0161







Creative cuisine based on the local dishes in Sotome and Father de Rotz's hometown

#### Tabedokoro Vaux-sur-Aure

This restaurant offers creative cuisine based on the local dishes in Sotome and the Normandy region of France, where Father de Rotz's hometown of Vaux-sur-Aure is located. The menu uses wheat and vegetables harvested from fields cultivated by Father de Rotz along with other local ingredients. The restaurant is located next to the Former Shitsu Aid Center, so you can satisfy your appetite for good food and history. The restaurant contributes to the slow food movement, a movement to preserve traditional food cultures, by using a Sotome-grown citrus fruit called the "yuko". You can find dishes that use yuko on

2696-2 Nishi-Shitsu-machi, Nagasaki City 11:00-16:30 Reservations recommended Closed on Mondays TEL: 090-3418-2173 0959-25-0018 Parking available







#### Shitsu Norakusha Cafe

You can taste sweets and dishes made with local ingredients. Traditional dishes in Sotome (goat stew, "gane" soup, etc.) are sometimes served at events, so be sure to check it out.

The vegetables are grown without the use of pesticides, so you can enjoy them with peace of mind. The cafe mainly makes "kankoromochi" (sweet potato rice cakes), so you can grill them vourself over the charcoal fire!

The interior of the cafe uses the masonry that is characteristic of Shitsu district, and the hand-painted plaster makes the space very comfortable.

2442 Nishi-Shitsu-machi Nagasaki City 10:00-17:00 (last orde Take-out available Closed on Thursdays and Fridays TEL: 0959-25-0880 Parking available for three cars





Baked sweets using many ingredients from Sotome

#### Sotome Kurashi (Hayashi)

The exterior of the cafe is a combination of Japanese and Western styles; it uses plaster, bricks, and stone masonry and fits well with the atmosphere of Sotome, a sister city to the French village of Vaux-sur-Aure.

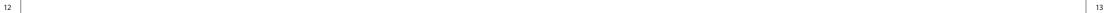
The cafe uses many ingredients from Sotome in its foods, for example baked sweets containing yuko, strawberries, etc. The parfait using seasonal fruits or the parfait with authentic Italian gelato, custard, and more all topped with a crispy pie is highly recommended!

The coffee is made from carefully selected beans.

1165 Shimo-Kurosaki-mac Nagasaki City 14:00-18:00 Take-out available Closed on Tuesdays and irregular holidavs TFI - 0959-25-0036 Parking available for five cars







# Travel around and taste the delicious cuisine in Kinkai, while enjoying the view of Omura Bay



#### Enjoy pork dishes that use many local ingredients from Kinkai.

#### Pork Restaurant: missi

The counter seats in the restaurant command a panoramic view of Omura Bay. The ingredients used are from Kinkai, and you can enjoy pork dishes made with "Yama-no-ueno-ton" brand pork.

Handmade sausages and charcoal-grilled pork dishes are recommended.

2559-9 Nagaura-machi, Nagasaki City 11:30-15:00 (last order 13:30), 18:00-21:00 Reservations available. Take-out available.

Closed on Thursdays and Fridays TEL: 095-807-5739 Parking available for five cars















#### Ramen Restaurant: Kitsutsuki

Here you can enjoy Kitakata Ramen, one of the three major forms of ramen in Japan, which is rare in Nagasaki.

The ramen is made with flat, medium-thick, curly noodles from a noodle factory in Kitakata, and soy sauce and seafood from a brewery in Kitakata. The tasty soup is a perfect match for the chunky noodles.

There are four types of ramen: Kitakata ramen, Taiwanese ramen, Taiwanese mazesoba (soupless ramen), and Jiro-style ramen, all additive-free and healthy.

There are counter seats, table seats, and tatami rooms.

2743-1 Nagaura-machi. Nagasaki City 11:00-15:00 Closed on Wednesdays and Thursdays TEL: 080-3223-6988 Parking available for 14 cars







Take-out available Closed on Tuesdays (Lunch only on Sundays and Mondays) TEL: 095-800-8080 Parking available for six cars

Pizzeria BARBA

a casual atmosphere.

A Neapolitan pizza with a chewy texture

and chewy, so you can eat it by yourself.

variety of side dishes are also offered.

1700-22 Nishiumi-machi, Nagasaki City

Lunch: 11:30-14:30 (last order)

Dinner: 17:30-21:00 (last order

The yellow and blue exterior is distinctive. The interior is in

the style of southern Italy, with tables and counters made

by the owner himself, allowing customers to enjoy pizza in

The Neapolitan pizza is large at 27cm, but the dough is light

The ingredients are simple, and in addition to margherita

and prosciutto pizzas, there are always two seasonal pizzas

available that use vegetables from the Kinkai area. A wide



Manager, Mr. Kawano





#### Take a tea break while enjoying nature . Honey Farm Poco Toscana

Poco Toscana is a honey store stocked with honey from the owner's own farm as well as a cafe. The view from the tree house overlooking Omura Bay is so spectacular that it will melt away your daily stresses.

The one plate lunch menu features dishes from around the world that change monthly. Honey is used in the dishes, lending a gentle taste.

They also offer honey tastings and sell beeswax wraps and other beeswax products, so you can conveniently pick up some souvenirs after enjoying a tea time!

1810-7 Nagaura-machi. Nagasaki City 11:00-16:00 Reservations are recommended for lunch. Closed on weekdays TFI · 090-2748-7475 Parking available for 20 cars











### Serving freshly roasted coffee shop with 43 years of history

#### Home-roasted coffee shop: Pumpkin

Opened in 1978, Pumpkin has been serving home-roasted coffee and light meals for 43 years, and is loved by the

It purchases green coffee beans, and the owner checks the quality of the beans to ensure a clean tasting brew. He removes any beans that are not suitable for roasting, so customers can enjoy a smooth and refreshing taste. The daily lunch special is available from 12:00 to 14:00, Monday through Friday. You can choose from a variety of dishes such as rice omelet, hamburger steak, curry, rice pilaf, etc., with coffee after the meal!

738 Kinkai-Muramatsu-machi, Nagasaki City 10:00-18:00 Take-out available (coffee only Irregular holidays TEL: 095-884-2969







Mr. Tsuji





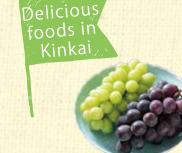
Sashimi platter











Japanese pears

Kinkaido's Nagasaki Wasanbon Castella\*



Kakoi Foods' Agodashi (dried flying fish broth) Series



"Golden" kingfish and yellowtail



Kimura Kamaboko (steamed fish cakes)



Nagaura watermelons



Shine Muscat and

kyoho grapes

Pomelos (Benimadoka)



oranges

amazake manju







# Find some nice souvenirs to take back home with you!







## pelicious foods in Sotome





Ponzu sauce de Yuko-no-ki





Yuko

Sotome honey

Muhyo Shuzo's Yuko fruit liqueur



Kankoromochi (sweet potato rice cakes)



Ichinose's sweet bean bun and melon-flavored bread



Yuko cookies



Tanada miso/Karinto snack

## Farmer's market full of fresh produce!



#### Nagasaki Fishing Port Ganba Land

3-4 Kyodomari, Nagasaki City 9:00-21:00 Open year round (except New Year's holidays) TEL: 095-865-8888 Parking available for 200 cars

In addition to fresh, live fish that have just been landed, Ganba Land also offers a large selection of freshly picked vegetables and fruits grown by local producers, as well as processed agricultural and marine products made from seasonal ingredients.



#### Roadside Station

Yuhigaoka Sotome 149-2 Higashi-Shitsu-machi, Nagasaki City 9:00-19:00 (Apr.- Sep.) 9:00-18:00 (Oct. - Mar.) Closed on January 1-3 TEL: 0959-25-1430 Parking available for 110 cars

A variety of freshly picked local products from the morning are sold. Specialties such as de Rotz's Somen, sweet potatoes, old-fashioned manju (sweet bun), grapes, loquat, and yuko are available depending on the season.

The view of the Sumonada Sea from here is spectacular!

#### Umi to Daichi no Megumi

3-1929-41 Kyodomari, Nagasaki City Closed on January 1-4 and irregular holidays TEL: 095-860-1200 Parking available for 30 cars

The market offers vegetables and fruits from Mie, Sotome and Kinkai, etc. Sashimi and fish are purchased from the adjacent fish market. Bento and side dishes made from them are also sold.



#### Kinkai Ajisai-ichi

1-1 Kinkai-Katagami-machi, Nagasaki City 8:00 -18:00 (17:30 in winter) Open year round (except New Year's holidays and August 13-15) TEL: 095-885-2253 Parking available for 50 cars

A wide variety of fresh local foods from the mountains and the ocean is available. The staff will tell you about recommended dishes and seasonal ingredients. Lots of events held in the market, such as birthday parties and harvest appreciation festivals!

Please note that the products marked with an asterisk (\*) are not sold by the above farmer's markets, but are sold at the stores of the respective manufacturers.





#### Tips for little trips Meet Kita! Nagasaki City Northern (Kita) District — The Mie, Sotome and Kinkai Areas

Planned by: Regional Welfare Division, Nagasaki City Hall North General Office

703-14, Kinkai-Muramatsu-machi, Nagasaki City, Nagasaki 851-3102, Japan

TEL: 095-814-3400 / FAX 095-884-2055 E-mail: kita\_chifuku@city.nagasaki.lg.jp

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