



Tokushima

Shikoku

Japan



Where is Tokushima and how to access it?

Tokushima ↔ Tokyo
1 hour by plane



東京
Tokyo

京都
Kyoto

大阪
Osaka

Tokushima ↔ Osaka
2.5 hours by express bus

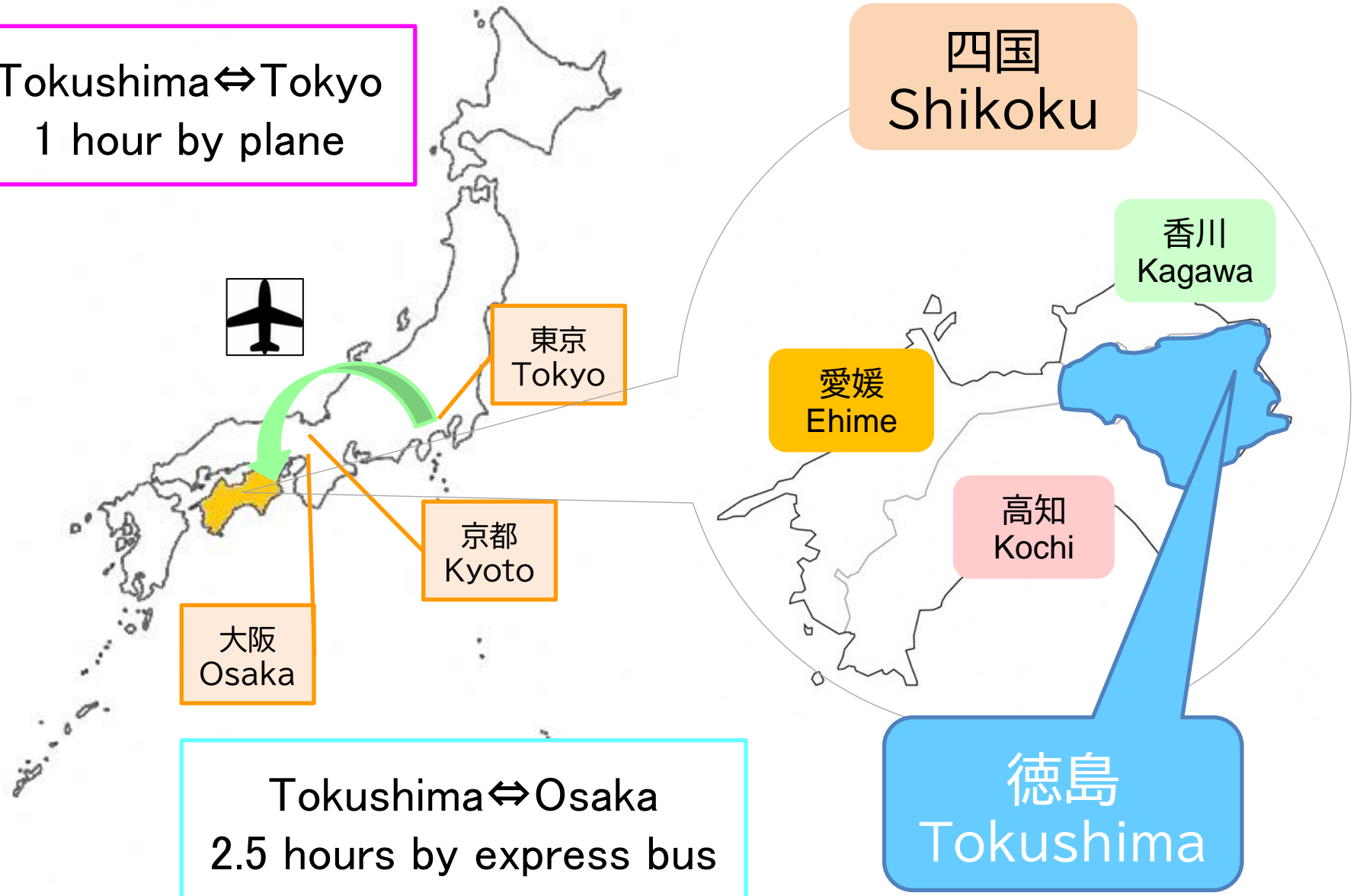
四国
Shikoku

香川
Kagawa

愛媛
Ehime

高知
Kochi

徳島
Tokushima



Transportation between Tokushima and surrounding cities



Tokyo (Haneda Airport)	Nagoya (Nagoya Station)	Kyoto (Kyoto Station)	Osaka (Osaka Station)	Hiroshima (Hiroshima Station)	Fukuoka (Fukuoka Airport)
80 minutes by plane	100 minutes by bullet train	100 minutes by bullet train		100 minutes by bullet train	60 minutes by plane
Tokushima Awaodori Airport	Okayama Station	Osaka Station	150 minutes by bus	Okayama Station	Tokushima Awaodori Airport
20 minutes by bus	150 minutes by bus	150 minutes by bus		150 minutes by bus	20 minutes by bus
Tokushima Station					

Information about Nankai Tokushima Free Pass

Check
→



南海・徳島 フリーパス



Nankai Tokushima Free Pass

Unlimited ride ticket that allows you to enjoy the area along the Nankai Electric Railway lines and Tokushima area for five days*
5天无限次乘坐通票, 尽享南海沿线及德岛地区的旅行乐趣*

可暢遊南海沿線及德島地區5天的自由乘車券*

난카이 연선 및 도쿠시마 지역을 5일간 한껏 즐길 수 있는 무제한 탑승 티켓*



OSAKA WAKAYAMA TOKUSHIMA

Nankai Electric Railway

The whole of Nankai Electric Railway including the Airport Line (excluding the Senboku Line)

Nankai Ferry

**Tokushima Bus/
Tokushima City
Transportation Bureau**

All routes (with some exceptions)

¥9,000
(adult only)

Sales period

On sale all year round from March 9, 2023.

Place to collect the ticket

Kansai Airport Station, Nankai Electric Railway (Ticket Office, Ticket Information)
* Kansai Airport Station Ticket Information may not be open.



* Five consecutive days during the sales period

- The available period for bus and ferry is five consecutive days from the day you first use the Nankai Electric Railway with this ticket.

- The available period for the Nankai Electric Railway is any two consecutive days including the day you first use the Nankai Electric Railway with this ticket.

- Available only during the period of five consecutive days as above.

Please visit this website to purchase a free pass.



English



简体中文



繁體中文



한국



Nankai Tokushima Free Pass

Information you should know about your Nankai Tokushima Free Pass



使用期限

銷售期間內連續5天

- [1] 巴士及渡輪之有效期限為首次使用於南海電鐵之日起的連續5天期間(含該日)。
- [2] 南海電鐵有效期限內之任意2天期間。

注意事項

- [1] 搭乘南海電鐵時, 請將此票券插入自動驗票機。搭乘南海渡輪、德島公車、德島市交通局之交通工具時, 請向工作人員出示本券。
- [2] 本券無法使用之區間, 請另行支付運費。
- [3] 每人僅限兌換一張票券。
- [4] 開始使用後, 即使發生列車停止運行等情況亦無法退費。
- [5] 搭乘指定座席列車時, 需另外支付費用。
- [6] 一次同時購買多張票券時, 無法分開退費。
- [7] 票券尚於使用期限內且未使用, 可於購票網站自行申請退費(每張票券皆收取退票手續費)。

Available Period

Five consecutive days during the sales period

- [1] The available period for bus and ferry is five consecutive days from the day you first use the Nankai Electric Railway with this ticket.
- [2] The available period for the Nankai Electric Railway is any two consecutive days within the available period.

Notes

- [1] If you take the Nankai Electric Railway, please insert this ticket into the automatic ticket gates. If you take the Nankai Ferry, Tokushima Bus or Tokushima City Bus, please show this ticket to the staff.
- [2] If you take transportation on a route unavailable for this ticket, please pay the fare for that route.
- [3] Tickets are limited to one per person.
- [4] Once you start using this ticket, you cannot obtain a refund even in the event of problems such as cancellation of trains.
- [5] If you wish to have a designated seat, you will need to pay an additional fare.
- [6] If you purchase more than one ticket with one payment, some of them are not refundable.
- [7] Except for tickets that are expired or used, you can proceed with a refund of your ticket yourself on the website where you purchased it. (A refund fee will be charged for each ticket.)

In addition to individual online ticket purchases, travel agencies can sign a contract with Linktivity. Please contact Linktivity company manager Ms. Zeng directly.

TO : joyce.tseng@linktivity.co.jp

CC : sales@linktivity.co.jp

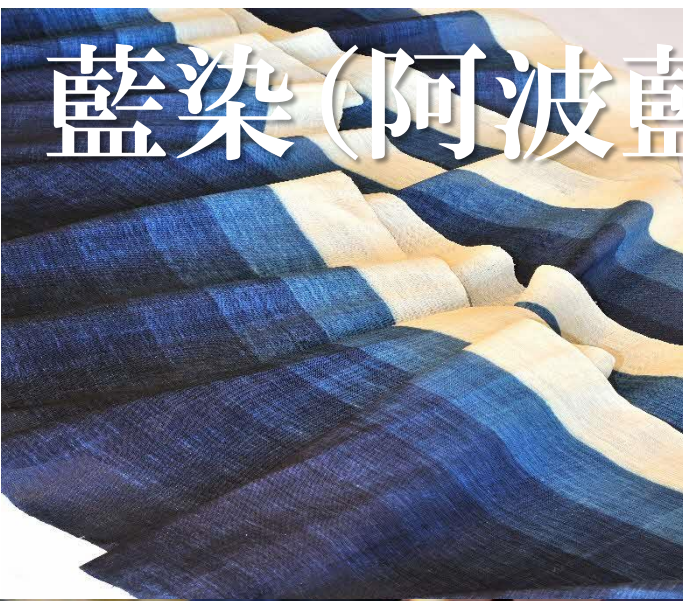
Tokushima (Awa) Traditional Cultural Experience



Awa-odori dance 阿波おどり

Tokushima (Awa) Traditional Cultural Experience

藍染 (阿波藍) Indigo dyeing (Japan Blue)



Tokushima (Awa) Traditional Cultural Experience



お遍路 Ohenro-Shikoku Pilgrimage

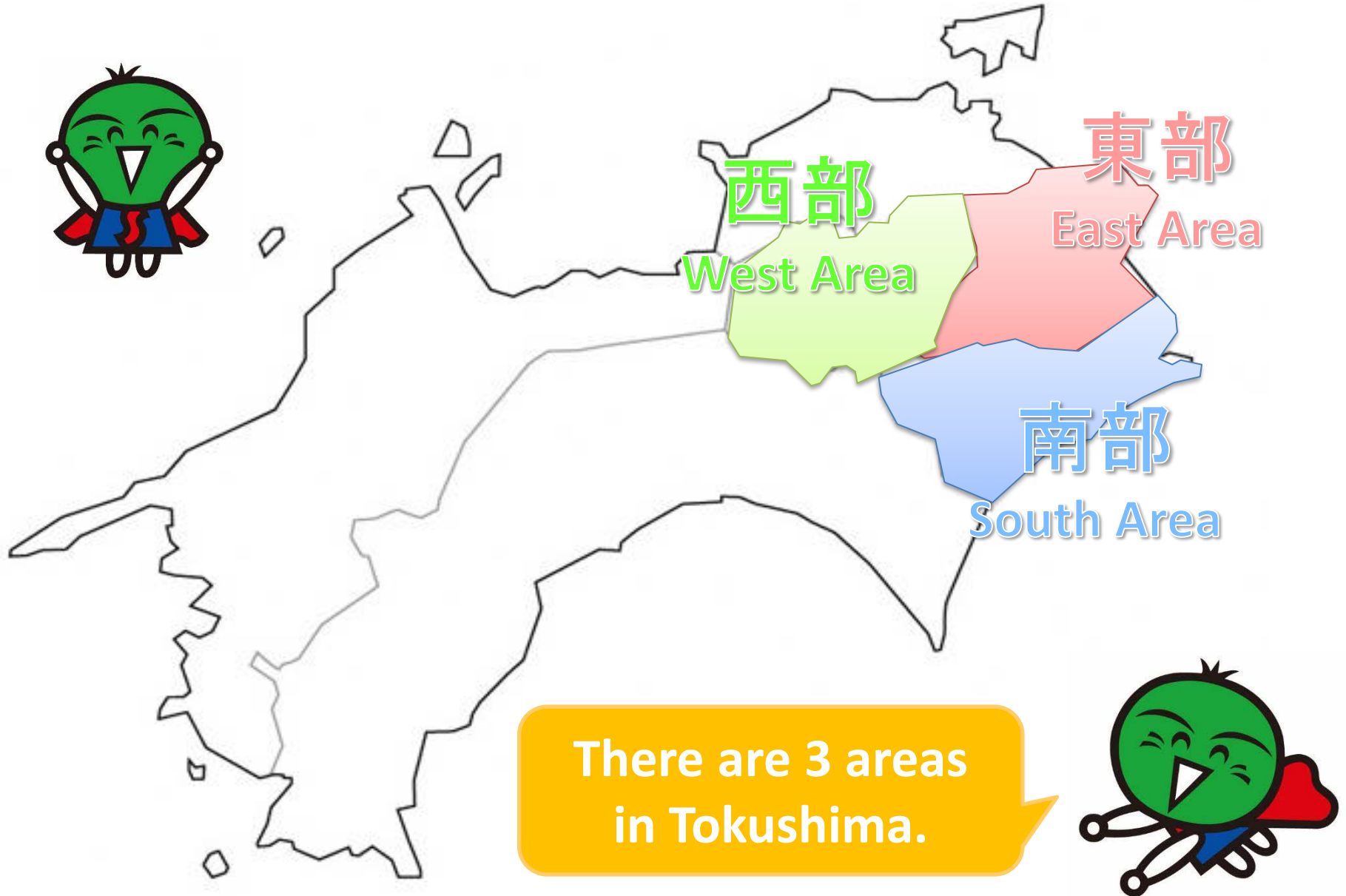
Tokushima (Awa) Traditional Cultural Experience



Awa Japanese Traditional Puppet theater
阿波人形浄瑠璃



Recommendation of spots by area in Tokushima



There are 3 areas
in Tokushima.

阿波おどり会館



Awa Odori Kaikan

眉山ロープウェイ



Bizan Ropeway





Hyotanjima tour boat



ひょうたん島クルーズ

鳴門の渦潮 Naruto Whirlpools





Uzushio Kisen

観潮船

Whirlpools Sightseeing boat



Naruto Kanko Kisen



渦の道

Uzunomichi

Whirlpools Waliway



Recommended Spot of Tokushima

East Area

大塚国際美術館 Otsuka Museum of Art



Sistine Hall



Scrovegni Chapel

Western masterpieces from 26 world countries
recreated to original size on ceramic boards



Monet Water Lilies



Van Gogh Sunflowers

7
つのヒマワリ

Seven Series of Sunflowers
Van Gogh

Recommended Spot of Tokushima

NEW!

East Area



2024年6月 Open !

Tonaru SETO



Info

◆Awa Odori (at hotel tonaru Seto)

Awa Odori dance performances by troupes from Tokushima Awa Odori Association. Dance lessons experiences available.

Days: Sat, Sun and Public Holidays (2 performances a day)

1st: 11:00am ~ 12:00pm, 2nd: 1:30pm ~ 2:30pm

Cost: Adults 2,000 yen, junior high school students and younger 1,100 yen. *Free for children under 3 years old.

*20% discount for groups of 20 or more.

*Special performances from 4pm, 88,000 yen and up (please inquire before)

Capacity: 180 people

◆Fishing (at tonaru SETO ,Fusa Port, Uchino Sea)

Fishing with an instructor on floating rafts

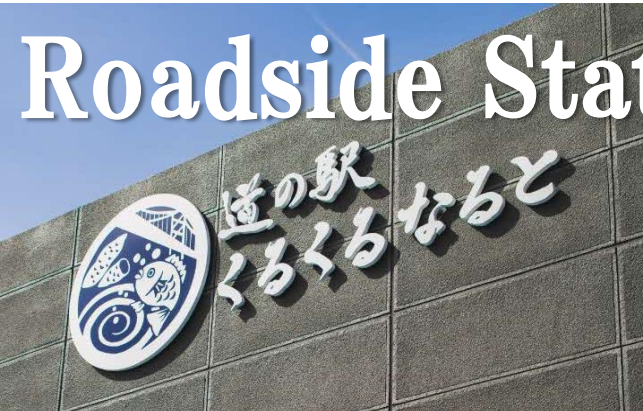
Days: Sat, Sun and Public Holidays 8am to 12:30pm, 1pm to 5pm (2 sessions a day)

Cost: Adults 9,900 yen, junior high school students and younger 6,600 yen. *Free for preschool children.

Capacity: 12 people per session



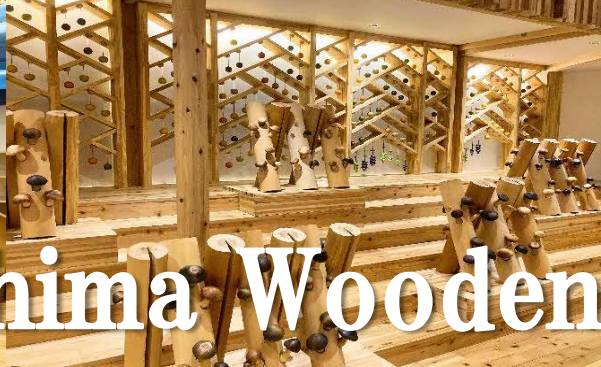
Roadside Station Kurukuru Naruto



道の駅 くるくる ならと



徳島木のおもちゃ美術館



Tokushima Wooden Toy Museum



Kamikatsu Zero Waste Center

Cat God Shrine (Omatsu Daigongen)

This shrine is very effective for passing exams and fulfilling wishes.



お松大権現

Temple 21 "Tairyu-ji" 太龍寺

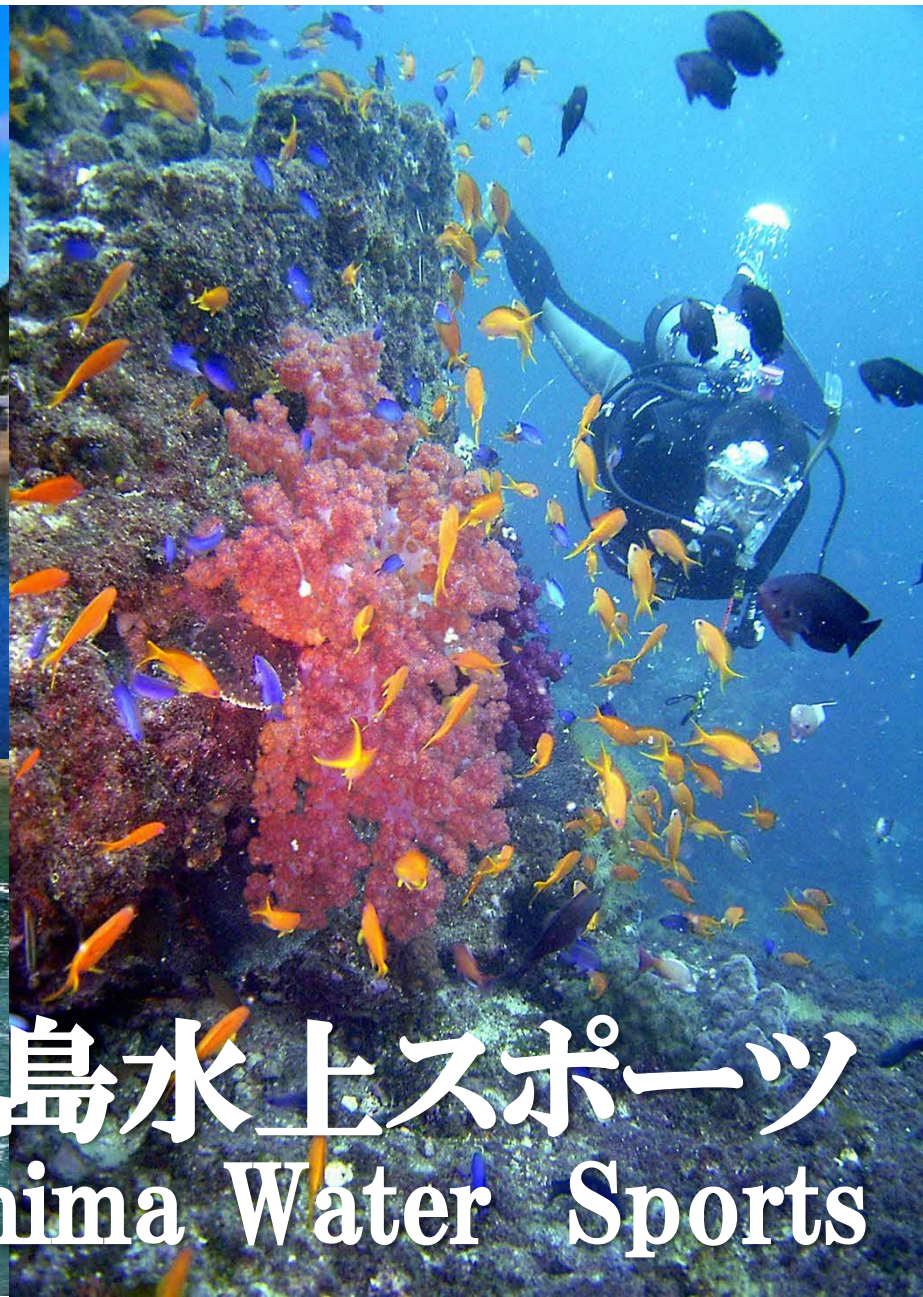


"Tairyu-ji" Ropeway 太龍寺ロープウエー



海中観光船ブルーマリン

Undersea Viewing Cruise
Blue Marine



竹ヶ島水上スポーツ

Takegashima Water Sports

出羽島 Tebajima Island

国指定 重要伝統的建造物群保存地区 選定
National preservation area for group
of important traditional buildings



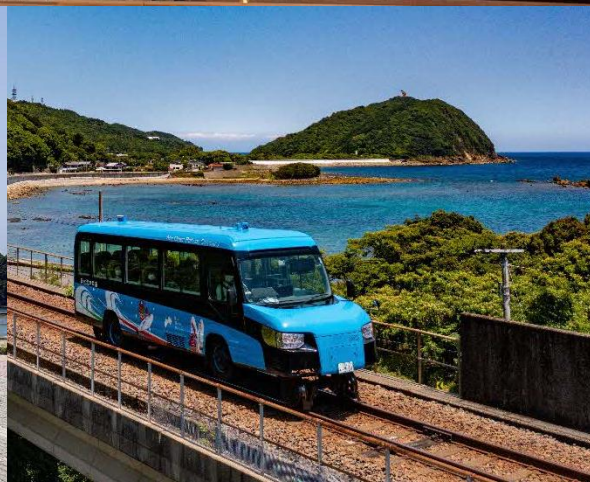
Recommended Spot of Tokushima

South Area



DMV (Dual Mode Vehicle)

This special vehicle is capable of running on both railroad tracks and regular roads



脇町うだつの町並み Udatsu Townscape

Bamboo Doll
Making

Japanese
umbrella/lampshade
Making





大歩危峽

Oboke Gorge



祖谷溪

Iya Valley



観光遊覧船

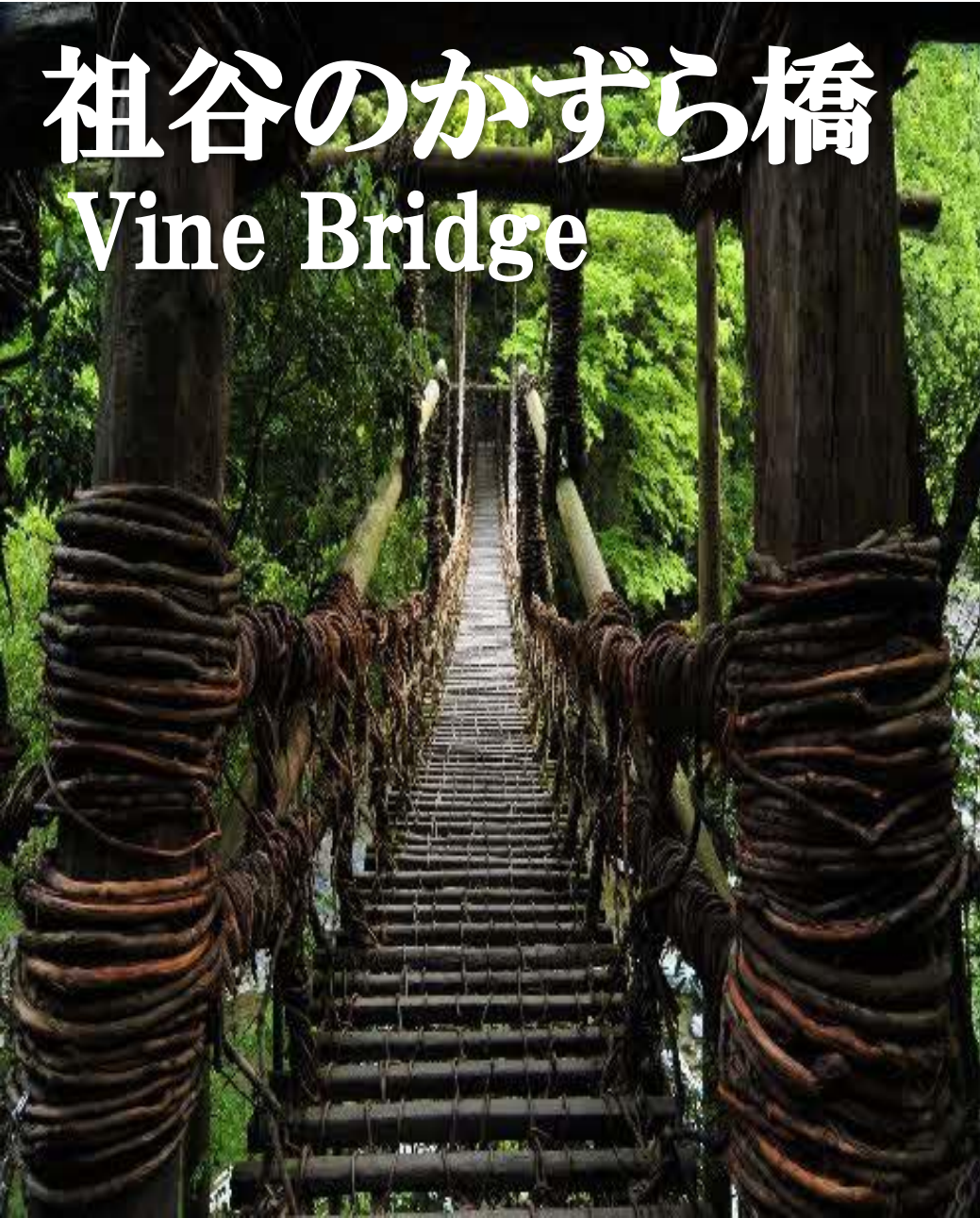
Sightseeing Boat



Michelin Green 2 stars☆☆



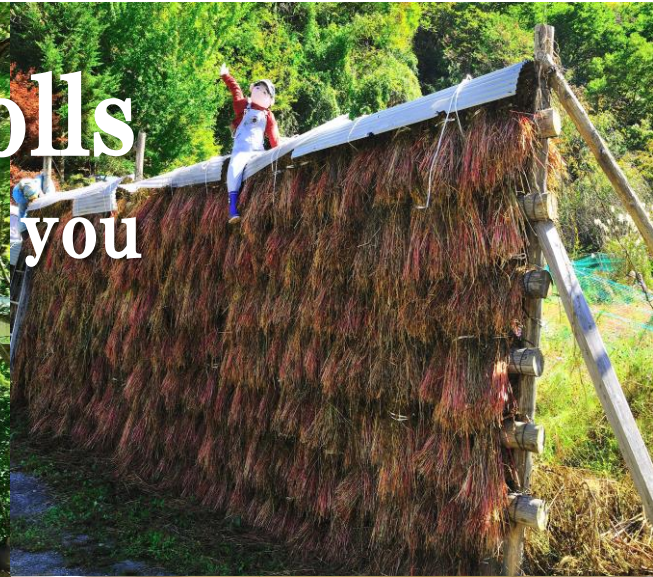
祖谷のかずら橋 Vine Bridge



Okuiya Double Vine Bridges
奥祖谷二重かずら橋

かかしの里 Valley of Dolls

Hundreds of life-sized dolls welcome you



雲海(八合霧)

Sea of clouds

**Take a chartered taxi to
the sea of clouds**



吉野川・大歩危ラフティング Rafting



WorldRaftingChampionship2017
held in Miyoshi-city



Forest Adventure Iya Valley フォレストアドベンチャー・祖谷

Recommended Spot of Tokushima

West Area



BROMPTON Bicycle Pottering



ブromptンポタリング



藍よしのがわトロッコ

Ai Yoshinogawa Torocco



~Luxury Scenic train~



四国まんなか千年物語観光列車 Shikoku Mannaka Sennen Monogatari



~Luxury Scenic train~



Tokushima Special Experience ~Fruit Picking~



Tokushima has a mild climate with many sunny days and an abundance of various fruits.

The fruits are large and sweet, and fresh fruit can be harvested all year round.

Visitors can learn how to reduce waste at the Zero-Waste Town of Kamikatsu

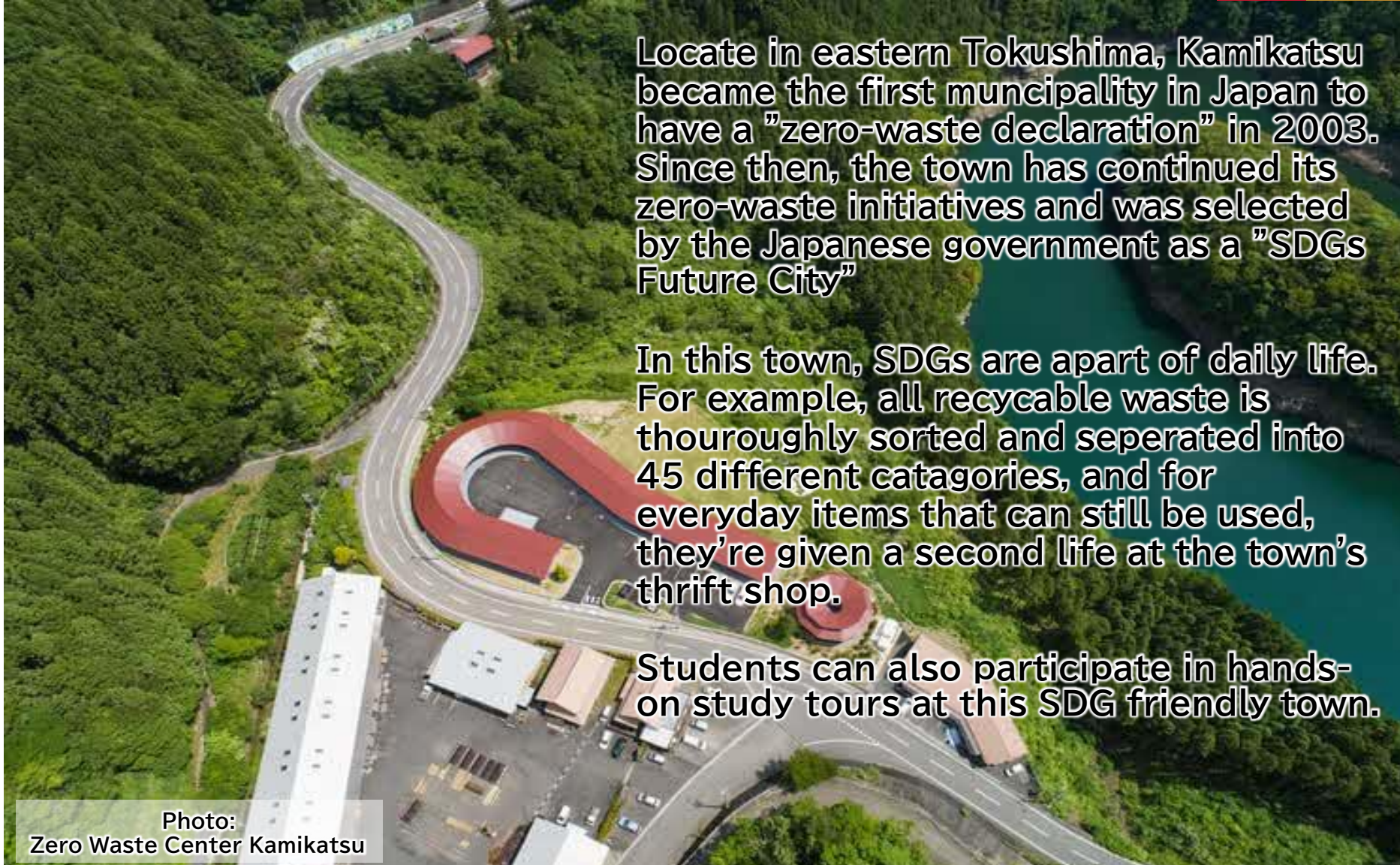


Located in eastern Tokushima, Kamikatsu became the first municipality in Japan to have a "zero-waste declaration" in 2003. Since then, the town has continued its zero-waste initiatives and was selected by the Japanese government as a "SDGs Future City"

In this town, SDGs are apart of daily life. For example, all recyclable waste is thoroughly sorted and separated into 45 different categories, and for everyday items that can still be used, they're given a second life at the town's thrift shop.

Students can also participate in hands-on study tours at this SDG friendly town.

Photo:
Zero Waste Center Kamikatsu



Kamikatsu Zero Waste Center

[A town where SDGs live and breathe]

Serving as the only waste collection in Kamikatsu town, townfolk bring their rubbish to this center to be sorted and recycled. Currently, the recycle rate is over 80% and the center has been shown on news programs throughout Japan and overseas. The facility aims to be a place where people can learn to make SDGs apart of their lives and learn what it means to live sustainably.



Waste Station



Kuru Kuru Thrift Shop



HOTEL WHY

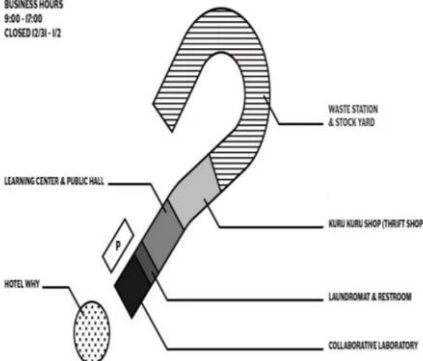
[Learn through the wisdom and actions of Kamikatsu's residents]

Kamikatsu is also known for its leaf business company that sells locally grown leaves and vegetables, which are used as decoration in high-end cuisine. With a small population, many of which are elderly women, and a mountainous terrain that is unfriendly for large-scale agriculture, the town's people have created a sustainable business that can thrive with the town's unique situation.

 Zero Waste Center Kamikatsu YouTube Channel
<https://www.youtube.com/@user-cu4vf3kx5m>



BUSINESS HOURS
9:00 - 12:00
CLOSED 12/31 - 1/2



Facility Hours 9:00 AM ~ 5:00 PM

For non-residents of Kamikatsu, please first come to the reception area for tours and check-ins.

The Kuru Kuru Thrift Shop is located in the reception area.

Tours of waste disposal stations are available from 2 PM on Mon~Fri and from 3:30 PM on weekends.

Please apply at Study WHY for facility tours.

The Kuru Kuru Thrift Shop is also located inside the reception space

Waste Station Hours Mon~Fri 7:30 AM ~ 2:00 PM
Weekends 7:30 AM ~ 3:30 PM

An immediate waste processing facility where residents bring their rubbish to be sorted into 13 types and 45 different categories.

Kuru Kuru Thrift Shop 9:00 AM ~ 5:00 PM

A shop where you can donate and take home reusable items for free. (Donations not available for non-residents of Kamikatsu Town)

Availability: All-year round

Duration: Approx. 45 Minutes

Number of Guest: 50 Guests (50 or more can be done on request)

Price: Please contact the facility

Address: Shimohiura 7-2 Fukuhara, Kamikatsu, Katsuura District, Tokushima

Contact: East Tokushima Tourism Authority

TEL: +81-88-678-2811

Mail: inbound@east-tokushima.jp

【South Area】Experience Special Marine Sports



The southern part of Tokushima is home to several bays and inlets that are suitable for even beginners to enjoy a range of marine sports. Some of the best surfing spots in Japan are located here, and even some surfers migrate down in search for the best waves. The area has rich ecosystem, full of reefs and beaches where loggerhead turtles come ashore to lay their eggs. In Minami Town, a self-sufficient city, much like Kamikatsu Town, has been selected as an "SDG Future City".



Photo: Surfing Experience
(Minamiawa Yokubari Taiken)

Yokubari Taiken - Southern Seas Experience

[Learn and play in the sea]

In addition to surfing and kayaking, that take advantage of Tokushima’s pristine oceans, this program allows visitors to explore local fishing, foresting and agricultural industries. Under the guidance of experience instructors, participants can experience a variety of marine sports and gain an understanding of the sea and what a sustainable society looks like.



[Example] School Name: Tokyo Public High School
 Students: 191 (99 Males, 92 Females)
 Teachers: 10

	Experience	Venue	Gender		Teachers	Total
			Male	Female		
Morning	Snorkling	Marine Jam(Kaiyo Town)	16	14	1	31
	Sea Kayaking	Marine Jam(Kaiyo Town)	7	12	1	20
	Ise Lobster Cuisine	Maze no Oka Site C (Kaiyo Town)	35	23	2	60
	Katsuo Tataki (Seared Bonito)	Maze no Oka Site B (Kaiyo Town)	25	22	2	49
	Surfing	Ikumi Surfing Beach (Toyo Town)	5	14	1	20
	SUP	Ebisu Beach (Minami Town)	11	7		18
Afternoon	Sea Kayaking	Marine Jam(Kaiyo Town)	16	14		30
	Surfing	Ikumi Surfing Beach (Toyo Town)	7	12		19
	Snorkling	Marine Jam(Kaiyo Town)	13	7	2	22
	Vine Weaving	Maze no Oka Multipurpose Room (Kaiyo Town)	3	12	1	16
	Indigo Dyeing	Maze no Oka Site A (Kaiyo Town)	3	12	1	16
	Harbor Fishing	Furumugi Harbor (Mugi Town)	45	32	2	79
	SUP	Ebisu Beach (Minami Town)	15	15		30

[Learning from the reality of the oceans]

In recent years the number of loggerhead turtles coming ashore to lay their eggs has been steadily decreasing. Participating on an education trip such as this allows visitors to be exposed to the reality of a deteriorating natural environment. This experience aims to expose people to the sea can help more people be exposed to the reality of very real environmental issues we face, and raise awareness of the need to preserve the marine environment.

Availability: May-Oct.(SUP available all year round)
Experience Duration: 2.5 hours
Reservation: 1 month in advance required
Address: 14 Honson, Nakamura, Mugi, Kaifu District, Tokushima
Contact: The Lower Right of Shikoku Tourism Organisation
TEL: +81-884-72-2622 **FAX:** +81-884-72-2623
Mail: migishita@shikokunomigishita.jp

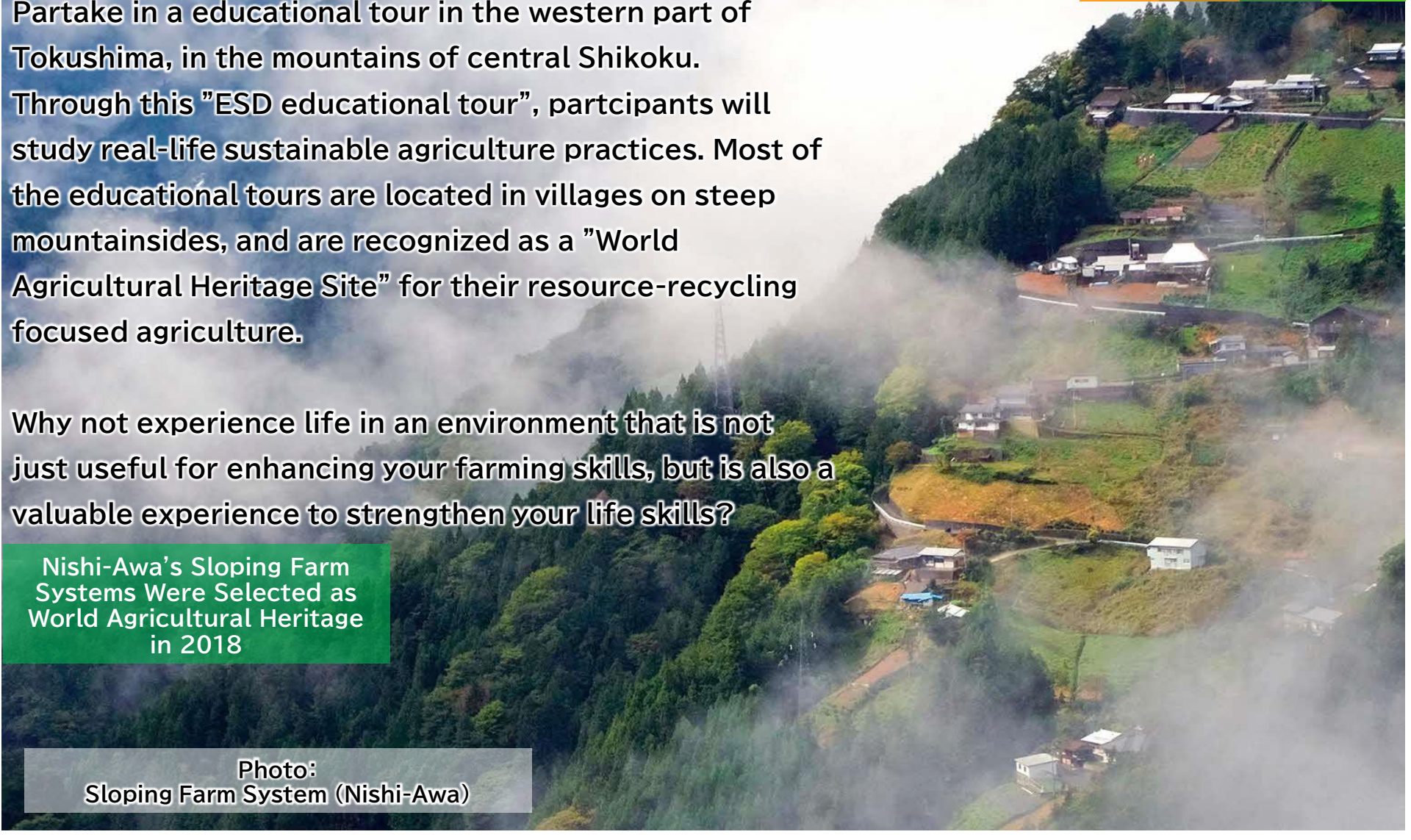
[West Area] Learn the hidden virtues that Nishi Awa's ancestors left behind

Partake in a educational tour in the western part of Tokushima, in the mountains of central Shikoku. Through this "ESD educational tour", participants will study real-life sustainable agriculture practices. Most of the educational tours are located in villages on steep mountainsides, and are recognized as a "World Agricultural Heritage Site" for their resource-recycling focused agriculture.

Why not experience life in an environment that is not just useful for enhancing your farming skills, but is also a valuable experience to strengthen your life skills?

Nishi-Awa's Sloping Farm Systems Were Selected as World Agricultural Heritage in 2018

Photo:
Sloping Farm System (Nishi-Awa)



Sora no Sato - Yamasato Story



【Interactions as a valuable experience】

Part of the appeal for foreigners visiting this area is the quality exchanges with the local residents of the village. Although the area is mountainous, has few convenience stores, and can be inconvenient to reach, the experience of staying in a private home and experiencing the wisdom of the locals is a truly invaluable experience.

The traditional farms are sustainable thanks to their coexistence with nature and resource-recycling ways and are sure to grant visitors an insight into the values traditional life can have in a modern environment.



【Enhance your personal skills】

Participants of this educational tour will become more familiar with local issues through exchanges with the local residents, and will also help deepen mutual understandings with people from different walks of life.

This experience of living with harsh nature cannot be experienced in urban areas, and everything that is done in the villages are backed by many years of experience.



Availability: All-year round

Number of Applicants: 400 people

Address: 995-1 Ikedacho Shima, Miyoshi, Tokushima

Contact: Nishi-Awa Tourism Association
Sora no Sato

TEL: +81-883-76-0713

FAX: +81-883-76-0753

Mail: sora-yamazato@nishi-awa.jp

[West Area]

Nishi-Awa Tourism Association Sora no Sato

Model Course ①



Model Course Route ① (Kansai Airport In/Out)

Day1	Arrive at Kansai Airport ⇒ go by highway bus or ferry⇒Tokushima Naruto Whirlpools, Awa-odori Kaikan Stay at a hotel in Naruto or Tokushima
Day2	Indigo dyeing ⇒Wakimachi Udatsu Townscape⇒Oboke Gorge Sightseeing Boat·Iya Valley⇒Iya Vine Bridge Onsen Hotel at Oboke and Iya
Day3	Iya Valley⇒Kagawa Kotohiragu Shrine, Nakano UdonSchool Stay at a hotel in Kagawa
Day4	Kagawa⇒Ehime Matsuyama Castle, Imabari Towel Musuem Dogo Onsen, Stay at a hotel in Ehime
Day5	Ehime⇒ Okayama KurashikiBikanHistoricalQuarter Hotel in Okayama
Day6	Okayama ⇒ HimejiCastle⇒Kobe ⇒Osaka Stay at a hotel in Osaka
Day7	Depart from Kansai Airport

示範行程② Model Course



Model Course Route ②

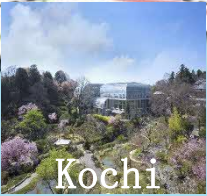
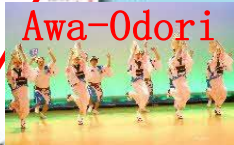
Tokyo Haneda Airport~Tokushima Airport In /Kansai Airport Out)

Day1	Kansai Airport Depart~Arrive at Tokushima Airport ⇒ Naruto Whirlpools, Awa-odori Kaikan, Indigo dyeing Stay at a hotel in Naruto or Tokushima
Day2	Kamikatsu Zero Waste Centre, Omatsudaigongen(Cat Shrine) ⇒ Tokushima DMV ⇒ Blur Marine Cruise stay at a hotel in Tokushima
Day3	Wakimachi Udatsu Townscape⇒Oboke Gorge Sightseeing Boat· Iya Valley⇒Iya Vine Bridge, YoshinogawaRafting, Iya Valley Forest Adventure Onsen Hotel at Oboke and Iya
Day4	Tokushima Iya Valley ⇒Awajishima Island sightseeing Stay at a hotel in Awajishima or Kobe
Day5	Awajishima Island⇒Kobe⇒ Osaka⇒Kyoto·Nara Stay at a hotel in Kyoto or Osaka
Day6	Osaka Sightseeing&Shopping ⇒ Depart from Kansai Airport

Model Course ③



Shodoshima



Model Course Route ③ (Takamatsu Airport In/Out)

Day1	Arrive at Takamatsu Airport (Kagawa) ⇒RitsurinGarden⇒Shodoshima Olive Park, Angel Road Stay at a hotel in Shodoshima
Day2	Shodoshima⇒Okayama KurashikiBikan Historical Quarter⇒Ehime Matsuyama Castle, Imabari Towel Museum Stay at a hotel in Matsuyama
Day3	Matsuyama ⇒ Tokushima Iya ValleyOboke GorgeSightseeingBoat, YoshinogawaRafting, Iya Valley Forest Adventure, Onsen, stay at a hotel at Oboke Iya Valley
Day4	Iya Valley ⇒Kochi Katsurahama, Makino Botanical Garden, Hirome Market Stay at a hotel in Kochi
Day5	Kochi⇒Tokushima DMV⇒ Kamikatsu Zero Waste Centre, Omatsudaigongen(Cat Shrine) ⇒Naruto Whirlpools, Awa-odori Kaikan, Indigo Dyeing stay at a hotel in Naruto or Tokushima
Day6	Tokushima ⇒ Depart from Takamatsu Airport (Kagawa)

Gourmet Cuisine of Tokushima

鳴門鯛 Naruto sea bream



鱧 Hamo-conger eel



伊勢海老 Ise lobster



海賊料理 Pirate Cuisine
(Grilled Seafood)



Gourmet Cuisine of Tokushima

阿波尾鶏 Awa-odori chicken



阿波牛 Awa Beef/Wagyu



阿波地美栄 AWA GIBIER
(Venison dishes)



阿波地美栄 AWA GIBIER
(Wild boar meat hot pot)



Gourmet Cuisine of Tokushima – Noodles

徳島ラーメン Tokushima Ramen



たらいうどん Tarai Udon



半田そうめん Handa-somen



祖谷そば Iya Soba



Gourmet Cuisine of Tokushima

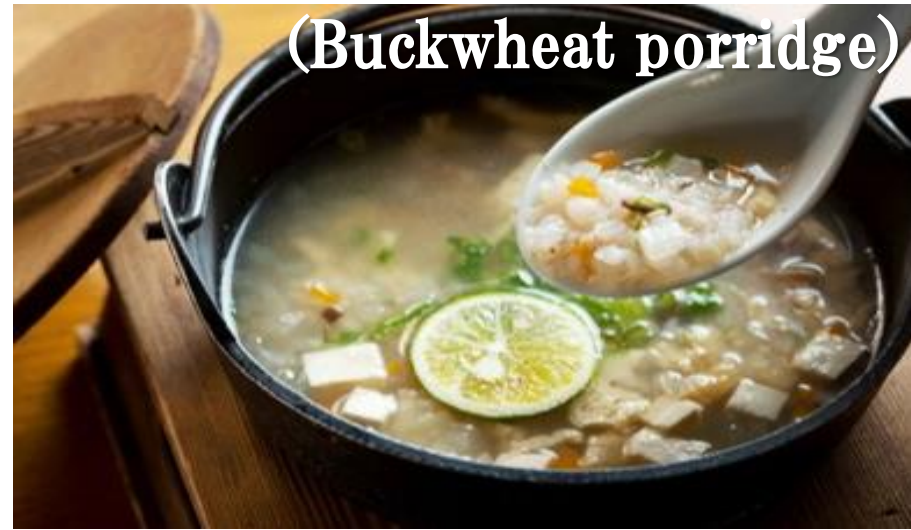
徳島風好み焼「豆天玉」

Tokushima-style Okonomiyaki



そば米雑炊 Sobagome zosui

(Buckwheat porridge)



でこまわし Dekomawashi

Famous Iya Valley Skewers



ひらら焼 Hirarayaki

Flat Stone Barbecue



Tokushima Prefecture Subsidy

宿泊助成金

Subsidy for Accommodation

ファムツアー助成金

Subsidy for Familiarization Tours

誘客プロモーション助成金

Subsidy for the Promotion of Attracting Tourists

DISCOVER
TOKUSHIMA
Japan



DISCOVER TOKUSHIMA (HP)

**Tokushima Prefecture Tourism Association
Tourism & Convention Department**

**1-1, Higashiamaboji, Yamashiro-cho,
Tokushima-City, Tokushima, 770-8055 Japan**

TEL : +81-88-624-5140

FAX : +81-88-625-8469

MAIL: info@tokushima-kankou.or.jp

**Please feel free
to contact us.**