



Nakanoto

# NAKANOTO-TOWN

## GUIDE ＊ BOOK



In June 2011

Noto's Satoyama and Satoumi (natural woodlands and sea) were certified as a Globally Important Agricultural Heritage System (GIAHS).

Nakanoto is located roughly in the center of the Noto Peninsula,  
and borders Hakui to the south, Shika to the west, Nanao to the north, and Himi in Toyama Prefecture to the east.  
Centered around the Ouchi rift valley, plains stretch from Nanao to Hakui.  
With Mt. Sekidosan on the east side, and Mt. Bijosan on the west side,  
the area is blessed with the green hills encircling fields,  
moist rivers and nature – a picture of what is said to be the original scenery of Japan.  
The town is blessed with abundant nature and cultural heritage,  
and is widely known as the birthplace of Noto culture,  
preserving many historic sites such as the officially-designated national historical sites of “Mt. Sekidosan”,  
the “Amenomiya Burial Mounds” and the “Kawada Burial Mounds”.



04 **Nature**



06 **History**



09 **Seasonal Events**



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12 **NAKANOTO-TOWN  
GUIDE MAP**



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# A place to encounter things almost forgotten



## Town Flower [Sekidosan lily]

The scientific name of the Sekidosan lily is *Lilium auratum*, and it is said to have first been brought back from Echigo long ago by a mountain ascetic of Tenpyouji temple.



Nakanoto's mascot character,  
Orihime



## Town Tree [Sakura (Cherry Tree)]

With its beautiful flowers, the sakura is a special tree that has been popular since ancient times. Planted throughout the town, it signals the arrival of spring.



## Town Bird [Japanese bush warbler]

Many of these birds live on Sekidosan and Bijosan mountains, where their song nurses the soul and leaves you feeling refreshed.

### Access

#### ■ When coming by car

Hokuriku Expressway [Morimoto IC] → Noto Satoyama Kaido [Uwadanayada IC] → Nakanoto ... Approx. 1 hr  
Noetsu Expressway Nanao Himi road [Nanao IC] → Nakanoto ... Approx. 10 min

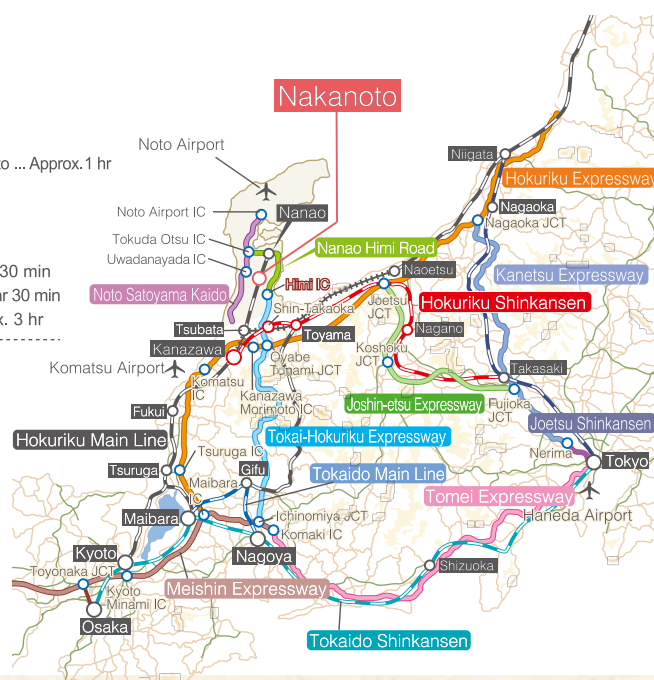
#### ■ When coming by train

JR Tokyo Station → < Hokuriku Shinkansen > → Kanazawa Station ... Approx. 2 hr 30 min  
JR Osaka Station → < Limited Express Thunderbird > → Kanazawa Station ... Approx. 2 hr 30 min  
JR Nagoya Station → < Limited Express Shirasagi > → Kanazawa Station ... Approx. 3 hr  
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JR Kanazawa Station → < Nanao line > → Yoshikawa Station ... Approx. 1 hr

#### ■ When coming by plane

Haneda → Noto ... Approx. 1 hr  
Haneda → Komatsu ... Approx. 1 hr  
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Travel time from Noto airport to Nakanoto is approx. 1 hr by car  
Travel time from Komatsu airport to Nakanoto is approx. 1 hr 30 min by car





## Nature

Enjoy nature.  
**Rediscover  
the charm of  
Nakanoto.**

### Fudo Waterfall

fudoudaki

MAP : K-7

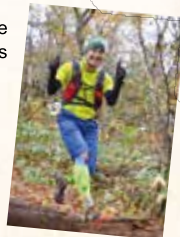
This 20 m tall waterfall, located in the Ida district, is said to have been opened by the monk Taicho. Through the ages it served as a training hall for the mountain ascetics of Sekidosan to practice discipline by standing under the waterfall. It is said to have been originally known as Kumano waterfall, but later came to be called Fudo waterfall from the fact that the Buddhist deity Fudo-son was enshrined in the plunge pool. Many devotees visit the falls when they open on July 5th.

### Nakanoto Treasure Trail Run



#### Experience nature firsthand.

Trail running is a sport in which participants run through hills and fields that have not been paved. In the past few years, it has become more popular in Japan, and the number of tournaments has increased dramatically. And the Nakanoto Treasure Trail Run is a new tournament which was held in Ishikawa Prefecture for the first time in November 2014. The course linking town sightseeing spots will continue to be used by this event, which is perfect for enjoying the nature of Nakanoto.



Located in the center of the Noto Peninsula, it extends over the plain centered in the Ouchi rift valley, from Mt. Sekidosan in the east to Mt. Bijosan in the west. It has an ancient history as the birthplace of Noto culture.



## Globally Important Agricultural Heritage System (GIAHS) “Noto’s Satoyama and Satoumi”

In June 2011, “Noto’s Satoyama and Satoumi” (undeveloped woodlands and sea) which extend throughout the Noto Peninsula were the first place in Japan to be designated as a “Globally Important Agricultural Heritage System”, along with the “An island for both people and ibis (toki)” of Sado in Niigata Prefecture.

The Food and Agriculture Organization of the United Nations (FAO) established the Globally Important Agricultural Heritage Systems (GIAHS) Initiative, in order to pass on to future generations the globally important regions that have preserved traditional farming methods which utilize the regional environment, cultures that have developed in relation to them, and land use methods that protect biodiversity. In Nakanoto, not only the “Satoyama and Satoumi Scenery”, but many traditional festivals have been preserved to this day, such as the “Kamauchi ritual” at Kamanomiyasuwa shrine, and the “Waterfall Opening” at Fudo waterfall, as well as traditional crafts such as “Noto jofu, a high quality hemp fabric that has been passed down for 2,000 years.







## Toriya Burial Mound Park

kofun kouden toriya

MAP : I-1

About 250 burial mounds are concentrated around a large lake in the Kawada district – a prominent group of burial mounds even for the Hokuriku region. There is a plaza with playground equipment such as a 30 m roller slide, a viewing platform reminiscent of an ancient fort, and a rest building modeled on a burial mound. Also, the area has barbecue facilities, a grassy field, and a park golf course, while the lake itself has swan boats and rowboats, so it's often bustling with families.



## Goishigamine Prefectural Nature Park

goishigamine kenritsu shizen kouden

MAP : K-11

This 461 m tall mountain stands on the border between Nakanoto, Hakui, and Himi in Toyama Prefecture, and from its summit you can enjoy a 360-degree panorama that includes the Noto Peninsula, the Tateyama Mountain Range, etc. From the lake you can see turbines for wind power generation.



## Best Cherry Blossom Spots

- Bijogaoka Rest Area vicinity ..... [MAP : D-2]
- Hishou Culture Center area ..... [MAP : E-8]
- Nakanoto Sports Park vicinity... [MAP : G-6]
- Toriya Burial Mound Park ..... [MAP : I-1]
- Lectopia Park ..... [MAP : I-6]
- Nabeyama Burial Mound..... [MAP : I-8]
- Goishigamine ..... [MAP : J-10]
- Kashima Elementary School..... [MAP : K-6]



## Shiroishi Observatory

shiroishi tenboudai

MAP : N-5

An observation tower on the Shiroishi forest road on the south side of Mt. Sekidosan. You can look out over the Nakanoto area, and the Himi (Toyama Bay) area. On clear sunny days, you can even see Tateyama.



## Bijogaoka Rest Area

Bijogaoka kyuukeijo

MAP : D-2

On days with good weather, it is a scenic spot with beautiful 360-degree panoramic views of Nanao Bay and Noto Island. With a broad grassy field and playground equipment, you can take it easy and relax.

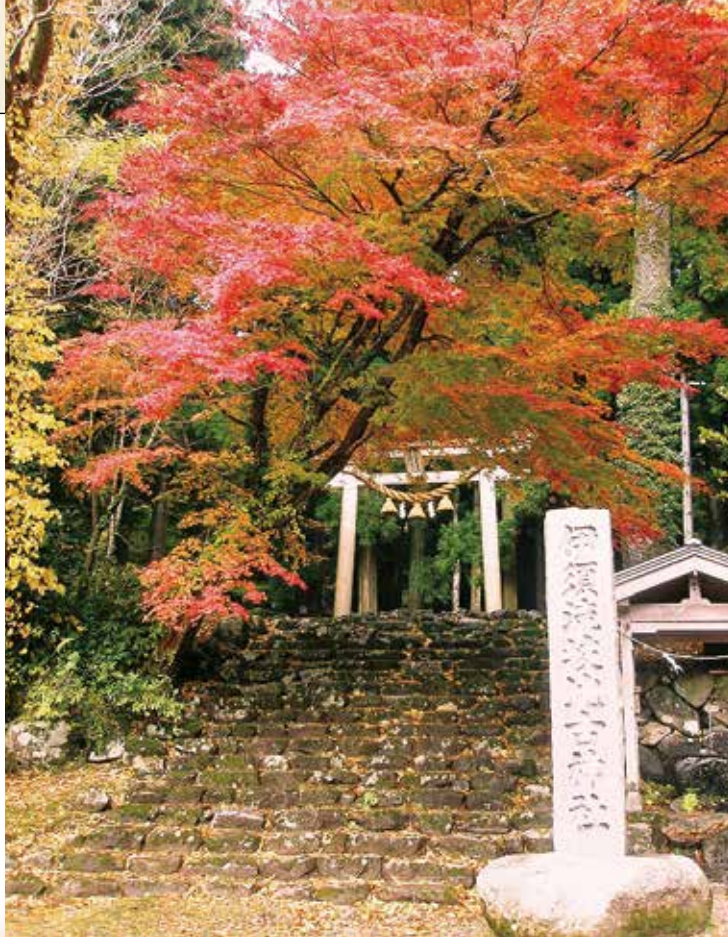




Pursue history, encounter culture.

## Enjoy the unique history and culture.

Nakanoto is a precious area where you can experience history firsthand. Famous places colored with history and arcana, historic remains, etc. – revel in the charm of Nakanoto while you feel the breath of an era steeped in romance.



### Isurugihiko Shrine

isurugihiko jinja

MAP : O-3

This building could be called the symbol of Sekidosan, and the worship hall was originally a shrine hall that housed the 5 portable Goshagongen shrines. Also, the inner sanctuary was moved from the summit (Daigozen) to its current location at the beginning of the Meiji period.



### Sekidosan Resource Center

Sekidosan shiryokan

MAP : O-3

About 70 documents and statues are on display, allowing you to feel the history of Mt. Sekidosan.



### Gyoujadou

gyoujadou

MAP : O-3

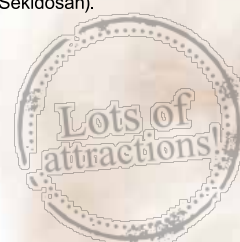
This temple enshrines Ennogyouja, the founder of Shugendo. The building was purchased by Saisuko village in 1874, and continued to exist as the Ten Shrine worship hall. In 1989, with the understanding of the local parishioners, it was restored to its original position (Mt. Sekidosan).

### Beech Forest

bunabayashi

MAP : O-3

Mt. Sekidosan's beech forest covers 15 ha, making it the largest in Noto. You can explore the historic sites while weaving your way through the natural beech forest.





Famous places colored with history and arcana, historic remains, etc.

## Revel in the charm of Nakanoto!

Nakanoto is a precious area where you can experience history firsthand



### Mt. Sekidosan

Sekidosan

MAP : O-3

This 564 m tall mountain stands on the boundary between Nakanoto and Himi in Toyama Prefecture, and has been worshiped as a sacred mountain where gods dwell. Beginning with "Isurugihiko Shrine", which could be called the symbol of the mountain, "Omiyabou", which was restored in 2002 and at its peak commanded the utmost prestige and dignity, etc., the historic landmarks that remain on Mt. Sekidosan cause the appearance of former times to endure.



### Omiyabou

omiyabou

MAP : O-3

Omiyabou, as one of the central temple buildings on Mt. Sekidosan, controlled all of the 360 temple buildings at its peak (middle period), and as a bettoji (an office that handled all of the affairs of the temple), commanded the utmost prestige and dignity. Here, the entire mountain was controlled and managed, and dealt with temple affairs such as annual events and relations with the head temples in Kyoto and the Kaga feudal domain. Restoration work for this Omiyabou, based on archaeological excavations and documentary records, was begun in 1998 and completed in November 2002.



### Five-story Pagoda Ruins

gojuunotou ato

MAP : O-3

The pagoda ruins were discovered by excavations conducted in 1977. After being destroyed in the fires of war during the Tenshou period, it was not rebuilt but left buried in the ground. In addition to the discovery of vivid burn marks on the foundation stones, burned lumber and ash excavated from the surrounding area speak of the ferocity of the fire at the time. A document from Kajuji Temple, the head temple of Sekidosan, states that at construction in 1416, Jisonin Jitsujun, who worked at the same temple in a different capacity, acted as officiating monk in a memorial service for the dead.



### Kyukanbou

kyuukanbou

MAP : P-3

The only remaining building from 58 that existed during the Edo period. It has the appearance of a farmhouse, but retains the style of a temple building in various places such as decorative columns (eiyoufunahijiki) and cosmetic rafters (keshoudaruki). It was built in the latter half of the Edo period and was the scene of the monks' daily life.





From past to present. The traces of a long history.

Let the history and culture get under your skin.

Famous places colored with history and arcana, historic remains, etc.

Revel in the charm of Nakanoto!

Nakanoto is a precious area where you can experience history firsthand

### Amenomiya Burial Mounds

amenomiya kofungun

MAP : D-5

These are a group of 36 burial mounds built from the second half of the 4th century to the 5th century centered around the summit of Bijosan (188 m above sea level) Excavations were conducted over a period of 5 years starting in 1992, and cover stones (fukiishi) etc. were added to restore the burial mounds to their original state. The Amenomiya Royal Tomb (Resource Center) and a spacious grassy field are also maintained.



Grassy Field



### Shinnozuka Tomb

shinnozuka kofun

MAP : H-9

Said to be the imperial tomb of emperor Sujin's son, Oiri Kinomikoto, it is surrounded by a moat, and with a diameter of 20 m, a base of 67 m, and a height of 14.5 m, is the largest burial mound in Hokuriku. Its name has been known from such ancient times that it even appears in the Tale of the Heike.



### Kawada Burial Mounds

kawada kofungun

MAP : I-1

This group of burial mounds, which extends over parts of the Kawada district and Nanao, were mostly built in and around the 5th century, during what is known as the "age of burial mounds". Altogether there are 250 mounds comprising 3 sub-groups, making this is a prominent group of burial mounds even for the Hokuriku region. In the "Toriya" Burial Mound Park built in that area, there are a rest building modeled on a burial mound and a viewing platform reminiscent of an ancient fort, and on holidays the park bustles with families.



### Hometown Roots Museum

furusato soushuu kan

MAP : H-4

Starting with historic festival floats, this history museum exhibits many items that showcase the development of the town, such as Jomon and Yayoi earthenware and everyday cultural artifacts excavated from the town, agricultural machinery, etc. Also, it houses a special exhibition room used to hold a variety of exhibitions by authors inside and outside the town, as well as a town library for learning, and is greatly utilized by residents as a facility for history and culture as well as study.



### Sugitani Chanobatake Ruins

sugitani chanobatake iseki

MAP : C-8

Towering over the western part of Nakanoto, on a ridge of Bijosan, the oldest onigiri (rice ball) in Japan was found here.



Excavated Onigiri



Be moved by the solemnity. Feel the history and tradition.

# Various festivals held in Nakanoto.

Various festivals are held in Nakanoto depending on the season, not only in summer and fall, but throughout the year.

## Bakko Festival

bakko matsuri

MAP : E-6

The festival is held at Notobe shrine for 5 days from November 17th to 21st. The purpose is to offer thanks for the harvest, and to pray for perpetuation of descendants and good harvests, but it is also said to celebrate the once-a-year rendezvous of the male god of Notobe shrine and the female goddess of Atago shrine, and is held in the middle of the night. The unusual festival procession is conducted in total silence from beginning to end.



## Orihime Summer Story

orihime natsumonogatari

MAP : I-6

A town festival, the "Orihime Summer Story" is held annually in late July to early August. Festival floats from each area are displayed and carried around. Other events include an elementary school drum and fife band, middle school brass band, character show, lion dance and drum performances, townspeople mass dance (Nakanoto traditional work songs) and ballade show, a fireworks display, etc.



## Sanbaso

sanbasou

MAP : D-7

In one of the ritual dances held at midnight during Notohime shrine's annual spring festival, a boy dances alone in silence from beginning to end, performing farming motions in time with the beat. Its purpose is as purification and prayer for a good harvest for the year.



## Adake Festival

adake matsuri

MAP : E-6

Held every year on December 15th, at Notokifune shrine in Tokumaru. It is called the "Adake Festival" because participants light straw, kindling, etc. on fire, yell in loud voices and run amok (adake).



## Sekidosan Events

sekidosan ibento

MAP : O-3

May 3rd Get-together for visiting  
Sekidosan's historic sites  
July 7th Mountain Opening Festival



## Sickle Festival

kama matsuri

MAP : B-9

The "Suwa shrine Kamauchi ritual" is a ritual held every year on August 27th at Kanemaru's Suwa shrine, and Fujii's Sumiyoshi shrine. After a Fuuchin festival (festival for appeasing the anger of the god of wind) is conducted in front of a sacred tree (tab tree) and an offering of a new head of rice and 2 sickles is made, the sickles are driven into the tree and prayers offered for a good harvest and freedom from sickness or calamity.







nakanoto-machi orimono dezaian senta

01

## Nakanoto Textile Design Center

MAP E-8

Located on the 2nd floor of the Rokusei branch of the Nakanoto Society of Commerce and Industry, it holds approximately 200,000 cloth design items. The center carries out design exhibition and sale, and can also make small items based on original designs. Also, "Rainbow Candy", which offers original kids dress rentals made from Nakanoto's textiles, is located in the same building. You can rent cute unique dresses at bargain prices, so it's very popular.



Rainbow Candy Dress (examples)

Discovery

A fusion of traditional skills and advanced technology

# Creative Textile Design

Boasting a long history, our chief industry of textiles is forming a world-leading production center by making free use of sophisticated industrial science, such as synthetic fiber fabrics.



noto jofu kaikan

02

## Noto Jofu Hall

MAP E-8

According to tradition, weaving began 2,000 years ago when the daughter of emperor Sujin stayed in this area and taught weaving. Noto jofu is characterized by delicate dye patterns of various types like tortoise shell and cross,

and the more delicate the dye patterns are, the more labor-intensive and expensive the products become. Inside the hall you can purchase Noto jofu products, as well as observe the Noto jofu production process, and try out weaving for yourself.





A culture that continues to evolve

## Revel in the charm of Nakanoto!

Fusion of traditional skills and advanced technology



Michi-no-eki orihome-no-sato Nakanoto

### Roadside Station Orihime's Hometown Nakanoto

MAP I-6

A hub for transmitting tourist information, and exhibiting the history, and industry of Nakanoto. Beginning with fresh local vegetables, they have seafood, specialty products, souvenirs, etc. There is also a dog run that you can enjoy with your four-legged friends on days when the weather is nice.

.....



nakanoto ichi

### Nakanoto Market

MAP H-3

Large numbers of people crowd the "Nakanoto Market" held every Sunday, to buy fresh local agricultural produce and specialty products.



noto tekisutairu rabo

### Noto Textile Lab

MAP G-5

Cutting-edge technological research and development is carried out, with the aim of constructing a solid textile production center. As a facility that is to become the leadership core of the regional textile industry, it experiments with new chemical combinations for dyes, textiles prints, etc. as support for enterprise. Also, they can make original products with photos printed on them using an ink-jet printer for woven products.

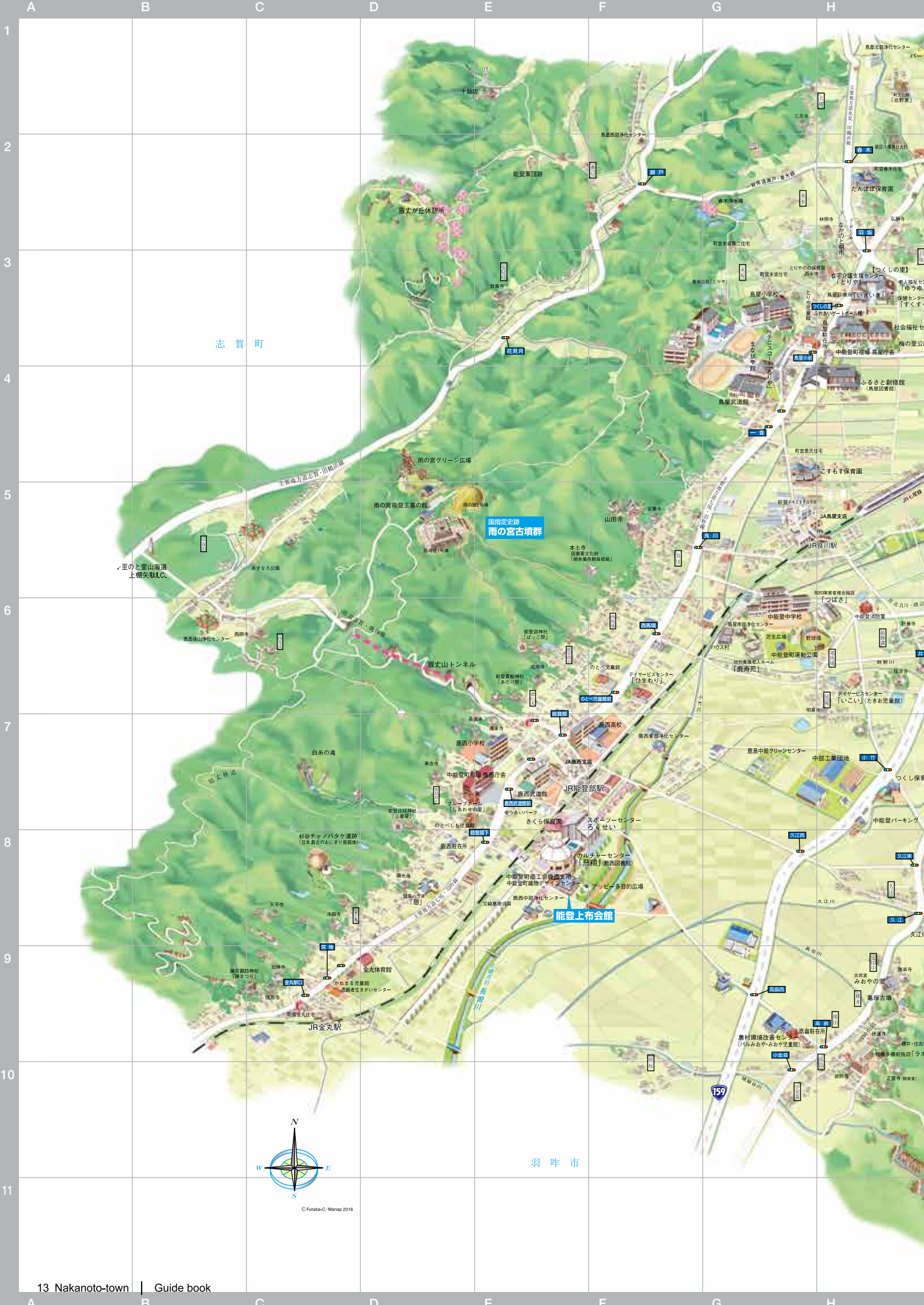




## NAKANOTO-TOWN GUIDE MAP









### ■Sasamochi (rice cakes)

These rice cakes are wrapped in bamboo leaves and filled with a slightly salty bean paste. Enjoy them along with the fragrance of bamboo leaves.

### ■Korokaki (dried persimmons)

Korokaki, the taste of winter. These are carefully prepared, one by one, and have a reputation for the perfect balance of sweetness and softness. They are also popular as end-of-the-year gifts.

### ■Kakimochi (rice crackers)

Made with glutinous rice, these are simple kakimochi made in the old-fashioned roasted way.

### ■Egara Manju (steamed buns)

These steamed buns are unique local variety and are likened to chestnut shells. The bean paste is wrapped in mochi and the surface covered with grains of rice. They are a familiar product at festivals and celebrations.

### ■Onigiri Manju (rice-ball buns)

These are onigiri-style steamed buns, made with the hope of bringing people together. The manju dough is further wrapped in ancient rice and steamed for a very healthy Japanese sweet packed with nutrients.

Various specialty products from Nakanoto

Local  
Products

# Nakanoto Specialty Products

All are prized goods that have been nurtured in the rich land and water.

### [Honjozo Kizake]



This is a hand-crafted work of art made by a Noto master brewer in the cold of winter. It is a freshly squeezed refined sake with a new variety of clear aroma.

### [Junmai Daiginjo]



A daiginjo, made by the full application of refined techniques, is erased and matured to produce this rare gem. It features the mature elegant aroma of ginjoushu, and a mellow feeling on the tongue.

### [Kodaimai]



This ancient variety of rice has a springy texture, and is said to be very healthy and packed with nutrients. As a specialty of Nakanoto, it is widely used in things like sweets.

### [Koshihikari Orihime no Mai]



This is a specially cultivated variety of Koshihikari rice that uses 100% organic fertilizer and half or less the standard amount of agricultural chemicals. Please relish this rice which is raised on water from Bijosan and is the pride of our hometown.



You've got to visit these places when you come to Nakanoto ♪

# Introducing Nakanoto's Major Facilities

Please see P12-13 for detailed maps.

## 01 Amenomiya Noto Royal Tomb Museum

Address 7-12 Nishibaba

☎ 0767-72-2202



- Closed / every Tuesday  
Winter Closure / Dec 1 to Mar 31
- Hours / 9:00 to 17:00
- Admission / Adults ¥200, Children ¥100



MAP O-5

## 02 Amenomiya Burial Mounds Park, Amenomiya Green Square

Address 7-13 Nishibaba

☎ 0767-72-2202

Amenomiya Noto Royal Tomb Museum



- Barbecue Facilities
- Hours Available / 9:30 to 17:30
- Usage Fee / Iron plate ..... ¥500 per plate  
Charcoal ..... ¥400 per 1 kg



MAP O-5

## 03 Noto Jofu Hall

Address 134-1 Notobeshimo

☎ 0767-72-2233



- Closed / every Monday (Or next day if Monday is a holiday)
- During the New Year Holidays
- Hours / Apr to Sep ..... 9:30 to 16:00  
Oct to Mar ..... 9:30 to 15:00
- Admission / Free Reservation/Fee required for weaving experience



MAP E-8

## 04 Nakanoto Textile Design Center

Address 134-1 Notobeshimo

☎ 0767-72-2121

Rokusei branch of the Nakanoto Society of Commerce and Industry



- Closed / every Monday  
(Or next day if Monday is a holiday)
- During the New Year Holidays
- Hours / 10:00 to 16:00
- Admission / Free



MAP E-8

## 05 Noto Textile Lab

Address 17-17-1 Yoshikawa

☎ 0767-74-2271



- Closed / Saturday afternoons,  
Sundays and holidays
- Hours / 9:00 to 17:00



MAP G-5

## 06 Nakanoto Market

Address 1-3 Haruki

☎ 0767-76-1221

Rokusei branch of the Nakanoto Society of Commerce and Industry



- Held / every Sunday
- Time Held / 6:30 to 8:00
- Events are held once a month  
Please call for more information.



MAP H-3

## 07 Hometown Roots Museum

Address 19-1 Hitoto Kobu

☎ 0767-74-2735



- Closed / every Tuesday and during the New Year Holidays
- Exhibition Room Hours / 9:00 to 19:00
- Library Hours / weekdays 10:00 to 19:00,  
weekends and holidays 9:00 to 17:00
- Exhibition Room Admission / Adults ¥100, Children ¥50
- Groups (20 or more people) / Adults ¥ 80, Children ¥40



MAP H-4

## 08 Toriya Burial Mound Park

Address 42 Kawada Hobu

☎ 0767-74-2540



- Boats, Barbecue
- Period Available / weekends and holidays  
from Apr 1 to Nov 30
- Hours Available / 9:00 to 18:00
- Usage Fee / boat 30 minutes ¥100, barbecue ¥500 each
- Park Golf Course Period Available / Jan 4 to Dec 28



MAP I-1

## 09 Roadside Station, Orihime's hometown Nakanoto

Address 10-1 Ida Nubu

☎ 0767-76-8000



- Agricultural Products Sales Facilities and Regional Exchange Facilities /  
Apr to Sep... 9:00 to 19:00, Oct to Mar ... 9:00 to 18:00  
(Closed / first and third Thursday of the month (Jan to Mar), excluding the New Year Holidays)
- Food and Drink Sales Facilities /  
Apr to Sep... 9:00 to 19:00, Oct to Mar ... 9:00 to 18:00  
(Open every day, year round)



MAP I-6

## 10 Mioya no Sato Traditional Japanese House

Address 103 Kodanaka Mubu

☎ 0767-74-2806

weekdays 9:00-17:00



- Usage Fee / 9:00 to 13:00 ... ¥2,000  
13:00 to 17:00 ... ¥2,000  
17:00 to 22:00 ... ¥2,500  
9:00 to 22:00 ... ¥5,000  
\*Air-conditioning fee / ¥200 per hour



MAP H-9

## 11 Sekidosan Resource Center

Address 1-2 Sekidosan Rabu

☎ 0767-76-0408



- Closed / every Tuesday (Or next day if Tuesday is a holiday)  
Winter Closure / Dec 1 to Mar 20
- Hours / 9:00 to 17:00
- Admission / Adults ¥200, Children ¥100
- Groups (20 or more people) / Adults ¥160



MAP O-3

## 12 Omiyabou

Address Sekidosan

☎ 0767-76-0409



- Closed / every Tuesday (Or next day if Tuesday is a holiday)  
Winter Closure / Dec 1 to Mar 20
- Hours / 9:00 to 17:00  
(Until 21:30 for evening use)
- Admission / Free Fee required for facility use



MAP O-3

## NAKANOTO-TOWN GUIDE \* BOOK



### Nakanoto

#### Contact Information

Nakanoto Town Hall Planning Division Tel. 0767-74-2806

#### Town Office, Toriya Branch

9-46 Suezaka, Nakanoto-machi, Kashima-gun, Ishikawa-ken 929-1792  
Tel. 0767-74-1234 Fax. 0767-74-1300

#### Town Office, Kashima Branch

4-1 Ida, Nakanoto-machi, Kashima-gun, Ishikawa-ken 929-1892  
Tel. 0767-76-1234 Fax. 0767-76-1239

#### Town Office, Rokusei Branch

85-1 Notoreshimo, Nakanoto-machi, Kashima-gun, Ishikawa-ken 929-1692  
Tel. 0767-72-3131 Fax. 0767-72-3794

[ <http://www.town.nakanoto.ishikawa.jp/> ]