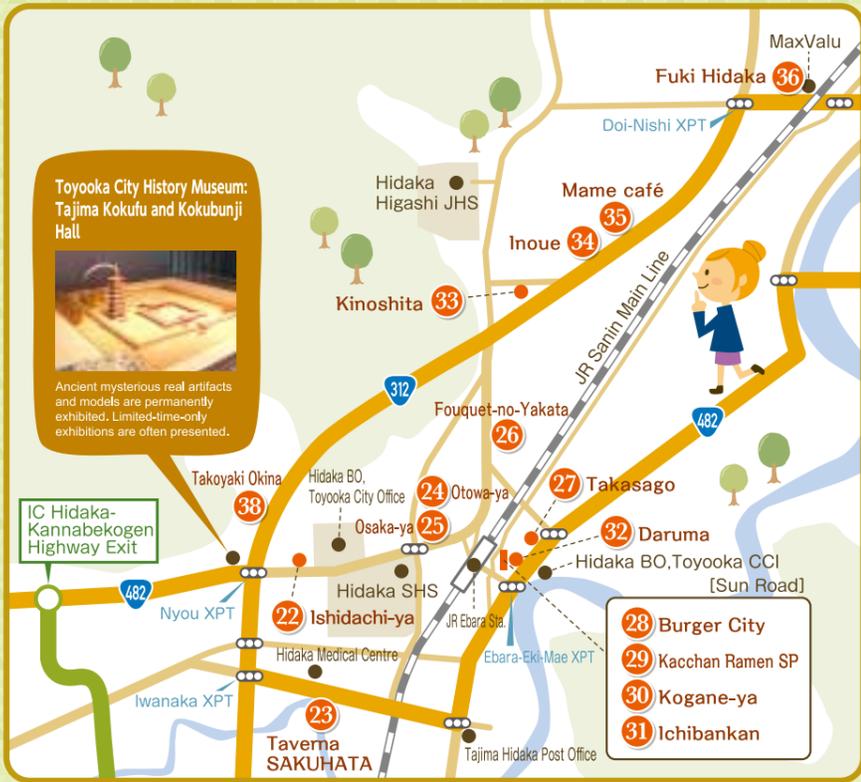
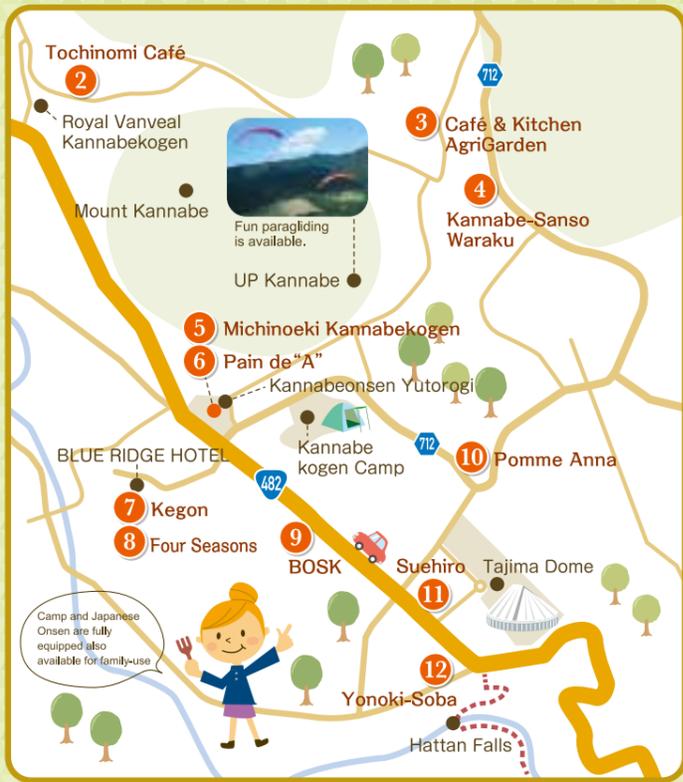


Hidaka Kannabekogen Gourmet MAP

"Hidaka" of Toyooka City in the northern part of Hyogo is where Naomi Uemura, a world-famous adventurer, was born and raised. It is rich in nature surrounded by beautiful mountains and clear stream and has a lot of delicious local foods. Come enjoy walking around there to find your favorites.



Volcanic crater of Mount Kannabe
 The newest crater in the Kinki Area located at the height of 469.5M. The shape is unusually remained clear. It takes only 25 mins' walk from Michinoeki Kannabekogen.

Snow-boarding at Kannabekogen available
 Winter season
 ●UP Kannabe
 ●The Snow Park OKUKANNABE
 ●Manba Ski & Snowboard
 Ski schools and night skiing are fully lined-up.

Enjoy brilliant forest bathing with a lake view!
 Kannabe Valley

Let's share the fun of trekking!
 Ase Valley

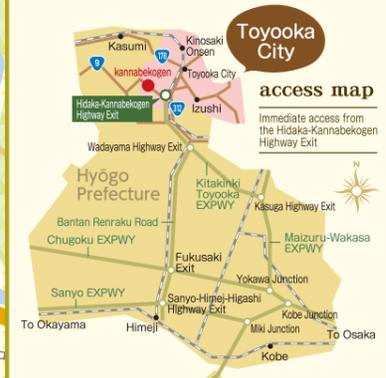
Praised as one of the "48 Great Ase Falls".
 Also popular among leaf peepers in autumn.



Kannabe Yoagnryu Walking Plan
 Spectacular scenery of falls and mysterious rocks made from laval flows.

Uemura Naomi Memorial Museum
 In memory of world-famous adventurer Naomi Uemura, his personal equipment and documentary films are exhibited.

Toyooka City History Museum: Tajima Kokufu and Kokubunji Hall
 Ancient mysterious real artifacts and models are permanently exhibited. Limited-time-only exhibitions are often presented.



Various cuisines cooked using local ingredients from the highland area are served.

Let's re-discover real good foods!

Hidaka Kannabekogen Gourmet Guide

English version

ひだか 松葉
HIDAKA MATSUBA

Visit to enjoy Matsuba at Restaurants market with HIDAKA MATSUBA!

Once you start, you won't stop eating it even though it is difficult to eat.

Delicious and healthy

Rare chicken meat category, soul food of Hidaka-Kannabekogen

Let's enjoy Matsuba!

- Umami and the sweetness from the meat is so irresistible
- Quality of meat is light but so juicy
- Female-friendly healthy meat

What is MATSUBA?
 The broiler production used to be prosperous and broiler chicken meat often was eaten in Hidaka Area. "MATSUBA" is the clavicle part of chicken, a rare part, which is taken by only one per chicken. It is called "MATSUBA" since the shape looks like pine leaves matsuba in Japanese. Being too rare to be distributed in market, it is much appreciated as a soul food in Hidaka.

★Matsuba cuisine restaurants are introduced with a sign of "MATSUBA" in the restaurant details (information as of Feb. 2018).

HIDAKA MATSUBA PROJECT
 The project was started to appeal and spread "MATSUBA", long-standing local food in Hidaka, and Hidaka-Cho itself.

Access to HIDAKA MATSUBA PROJECT Facebook

Hidaka Bar Executive Committee
 Toyooka City Chamber of Commerce <http://ingnet.jp>

〒669-5311 Hioki 65-1, Hidaka, Toyooka, Hyogo Pref. Tel. 0796-42-4751 (Heisei 29 Hyogo Revitalization Support Project)



Hidaka Kannabekogen Gourmet Guide

Useful information of all 38 restaurants introduced on the Gourmet MAP, ranging from the Japanese, western to casual café foods for you to check out.

Check the map on the back page for the location information.



Websites are accessible via each QR code.

- YouTube
- Facebook
- Instagram
- Twitter

Hidaka local Chicken "Matsuba" meat served.

The menus, prices and periods that it can be offered are different by the restaurants. Please check the detailed information in advance.



1 Oishi-Tofu Sobu-no-Sato

We serve home-made tofu cuisine cooked in a traditional way with using 100% Japanese-grown soy beans.

Mangou 190-1, Hidaka, Toyooka
TEL: 0796-45-2692
OPEN: Shop 10:00~18:00, Lunch: 11:30~14:00
HOLIDAY: Closed on Monday and Tuesday every month



5 Michi-no-Eki Kannabekogen

Buffet lunch made from local ingredients limited amount prepared on Saturday, Sunday and national holiday every month.

Kurisuno 59-13, Hidaka, Toyooka
TEL: 0796-45-1331
OPEN: Weekday 10:30~16:30, Sun, Sat. & Hol. 10:00~17:00 L/O 16:00/16:30
HOLIDAY: Irregular holidays



2 Tochinomi Café

We have our most popular home-made cakes and lunch and a magnificent view.

Higashi-Gouchi 4-185, Hidaka, Toyooka
TEL: 0796-45-0256
OPEN: 10:30~16:30
HOLIDAY: Closed on Wednesday and Thursday every month and Jan. to Feb.



6 Pain de "A"

We will be preparing fresh bread made from local ingredients. Come and visit us!

Kurisuno 59-13, Hidaka, Toyooka
TEL: 0796-45-2355
OPEN: 09:00~18:00
HOLIDAY: Closed on Wednesday every month



3 Café & Kitchen Agri Garden

Nice and cozy diner to serve dishes made from the local ingredients in Kannabekogen.

Tada 159-10, Hidaka, Toyooka
TEL: 0796-45-0806
OPEN: 11:00~15:00
HOLIDAY: Closed on Thursday every month and from late Dec. to Mar.



7 Nihon Ryori Kegen

Enjoy our seasonal Japanese traditional dishes in a relaxing and calm atmosphere at a resort hotel in the woods.

Kurisuno 55 BLUE RIDGE HOTEL, Hidaka, Toyooka
TEL: 0796-45-1200
OPEN: 11:30~15:00 L/O 14:00
HOLIDAY: Closed on Wednesday every month



4 Kannabe Sanso Waraku

Hotel & restaurant. We serve Kannabe-original specialty "Tofu" Soba noodle and various local foods.

Tada 1348-1, Hidaka, Toyooka
TEL: 0796-45-0101
OPEN: 11:30~14:30
HOLIDAY: Closed on Monday every month



8 Four Seasons

Various kinds of seasonal foods are served mainly by the buffet style.

Kurisuno 55 BLUE RIDGE HOTEL, Hidaka, Toyooka
TEL: 0796-45-1200
OPEN: 07:00~09:30, 17:30~21:00
HOLIDAY: Open 365 days



9 Organic select shop BOSK

Café and variety shop of useful goods are available at the space renovated from a warehouse. Both adults and kids are sure to have fun here.

Nashiki 1330-1, Hidaka, Toyooka
TEL: 0796-45-0722
OPEN: 11:00~17:00
HOLIDAY: Irregular holidays (Closed from Jan. to Mar.)
Operation information is available at FB or by phone.



14 Oshushi-ya Harada

Genuine "Sushi" restaurant. The top-selling "Nigiri-Zushi" Set (JPY1,200) and "Tempura Set" (4 prawns) menus and more others are served!

Ishii 488-4, Hidaka, Toyooka
TEL: 0796-44-1110
OPEN: 11:30~13:30
HOLIDAY: Closed on Wednesday every month



10 Pension Pomme Anna

Café and restaurant comfortable for families with children's room available.

Tada 157-11, Hidaka, Toyooka
TEL: 0796-45-1123
OPEN: Tuesday/Wednesday 10:00~16:00
HOLIDAY: Closed on Monday, Thursday, Friday, Saturday and Sunday every month



15 Ishigamayaki Pizza OISHI~NO

Relaxing space and delicious stone oven baked pizzas served straight from the oven.

Jugo 184-1, Hidaka, Toyooka
TEL: 080-1457-4114
OPEN: 11:00~No rain checks
HOLIDAY: Closed for weekdays every month (open on Saturday, Sunday and national holiday)



11 Suehiro

We serve the casual, extremely reasonable but tasty, and voluminous dinner dishes to your satisfaction.

Nashiki 1515-1, Hidaka, Toyooka
TEL: 0796-45-0808
OPEN: 11:30~14:00, 17:00~closed irregularly
HOLIDAY: Closed on Thursday every month



16 Kado-ya Shokudo

We will be preparing Japanese-nostalgic and casual dishes cooked by our traditional recipe at our cozy and relaxing diner.

Jugo 19-2, Hidaka, Toyooka
TEL: 0796-44-0397
OPEN: 11:30~20:00
HOLIDAY: Closed on Monday every month (in case it falls on national holiday, the following day is closed)



19 Naturavaloris-no-Mori

Buffet-style seasonal dishes served in a calming and green atmosphere.

Hajiri 1510, Hidaka, Toyooka
TEL: 0796-44-0001
OPEN: Lunch* 11:00~15:00 Dinner* 17:00~20:00
*Reservation required
HOLIDAY: Closed on Wednesday and Thursday (Closed from Dec. to Mar.)



24 Kyo-Kaiseki Otowa-ya

We serve delicate yet stylish Japanese "Kyoto-style Kaiseki" cuisine on your special occasions. Reservation-only.

Kokubunji 217-6, Hidaka, Toyooka
TEL: 0796-42-0049
OPEN: 12:00~15:00, 18:00~22:00
HOLIDAY: Irregular holidays



20 Yamame-Ryori Ase

Take the opportunity to try our special cuisine of Yamame and Iwana trout raised in and caught from clear streams in an environment with a magnificent Ase Valley view.

Kanaya, Hidaka, Toyooka
TEL: 0796-44-0723
OPEN: 11:30~14:30 L/O
HOLIDAY: Closed on Tuesday and day 10 every month (in case Saturday, Sunday or national holiday fall on 10, closed for the following day)



25 Oshokuji-dokoro Shidashi-ryori Osaka-ya

Restaurant and catering. We will be preparing a healthy and reasonable fish lunch during weekdays. Looking forward to your visit!

Kokubunji 217-1, Hidaka, Toyooka
TEL: 0796-42-0022
OPEN: 11:00~14:00, 17:00~21:00
HOLIDAY: Closed on Monday every month



21 Tono-san Soba

We serve "Juwari" soba noodle made 100% from pesticide-free "Soba-ko" buckwheat flour called "Kounotori-no-Maji (Stork's Dance)", a local agricultural product officially authorized by Toyooka City.

Tono 810, Hidaka, Toyooka
TEL: 0796-44-1888
OPEN: 11:00~17:00
HOLIDAY: Closed on Tuesday every month



26 "Seiyo-Gashi Kobo" Fouquet's "Yakata"

We are a Western confectionary pastry shop. Visit and taste our stylish-looking cakes with the tongues and enjoy them with the eyes. They could be your dream deliverer.

Kokubunji 180, Hidaka, Toyooka
TEL: 0796-42-4670
OPEN: 09:00~19:00
HOLIDAY: Closed on Wednesday every month



29 Kacchan Ramen SP

Would you care for delish Ramen noodles? Then visit us and try our dishes.

Hioki 22-36 Sun Road, Hidaka, Toyooka
TEL: 0796-42-1007
OPEN: 11:30~13:30, 17:30~closed when the last guests leave
HOLIDAY: Closed irregularly for 2 days per month



34 Wa-shoku Dining Inoue

We serve "Kyoto-style" home-cooking "Obanzai" dishes using the natural and healthy ingredients.

Matsuoka 5-3, Hidaka, Toyooka
TEL: 0796-42-5514
OPEN: 11:30~14:00, 17:30~21:00 L/O 20:30
HOLIDAY: Irregular holidays



30 Kogane-ya

We provide the same-style of popular "Yakitori" cooked using our traditional secret recipe.

Hioki 22-1 Sun Road, Hidaka, Toyooka
TEL: 0796-42-2966
OPEN: 11:30~14:00, 17:00~22:00
HOLIDAY: Closed on Monday every month



35 Oishi-Tofu Sobu-no-Sato Mame café

We serve special "Tofu" lunch and sweets using fresh home-made "Tofu", which you can take out as well.

Matsuoka 8-6, Hidaka, Toyooka
TEL: 0796-20-3825
OPEN: 11:00~18:00
HOLIDAY: Closed on Sunday and Monday every month



31 Kissa Ichibankan

Feel free to drop by our coffee shop to enjoy a cup of quality coffee in our relaxing café.

Hioki 22-23 Sun Road, Hidaka, Toyooka
TEL: 0796-42-3981
OPEN: 08:00~20:00
HOLIDAY: Open 365 days



36 Fuki, Hidaka

We provide special noodles including Ramen and Okonomi-yaki, Takoyaki and other kinds of flour-made fancy dishes.

Doi 367, Hidaka, Toyooka
TEL: 0796-42-5065
OPEN: 11:00~21:00
HOLIDAY: Closed on Wednesday every month



12 Yonoki Soba

We serve traditional "Juwari" soba noodle made from 100% buckwheat flour milled at home. Please visit and enjoy our soba with doughy texture.

Nashiki 87-4, Hidaka, Toyooka
TEL: 0796-45-1058
OPEN: 11:00~No rain checks
HOLIDAY: Irregular holiday



17 Tabedokoro Pegasus

A fusion-style casual diner. We have our most popular Chinese "Tan-tan" noodle, Japanese "Chanpon" noodle and "Miso" Ramen to serve you.

Jugo 118-4, Hidaka, Toyooka
TEL: 0796-44-0823
OPEN: Weekday 11:00~14:00, 16:00~20:00
Sat, Sun, and Hol. 11:00~21:00
HOLIDAY: Irregular holidays



22 "Umaimon-dokoro Kappo" Ishidachi-ya

We prepare reasonable daily special plates and Japanese traditional "Kaiseki" banquet dishes. Catering is available.

Nyou 837-5, Hidaka, Toyooka
TEL: 0796-42-0253
OPEN: 11:30~13:30, 17:30~21:00
HOLIDAY: Irregular holidays



27 Takasago

We will be catering to your requirements of the banquets ranging from a small to large group of people. Will be waiting for your visits.

Hioki 103, Hidaka, Toyooka
TEL: 0796-42-0255
OPEN: 11:30~13:30, 17:30~21:00
HOLIDAY: Irregular holidays



32 Robotayaki Daruma

Japanese "Robotayaki (cooked on a grill style)" restaurant with a cozy atmosphere.

Hioki 34-9, Hidaka, Toyooka
TEL: 0796-42-2976
OPEN: 17:00~23:30
HOLIDAY: Closed on Sunday every month



37 café Re. Fure

Nice, spacey and cozy atmosphere to relax and enjoy a cup of coffee.

Hori 189-1, Hidaka, Toyooka
TEL: 0796-42-5554
OPEN: 8:30~18:30
HOLIDAY: Closed on Sunday every month



13 Green Wood

Café and restaurant to serve light meals and Japanese-style dishes, including "Udon" noodle and "Tango-zushi", which is one of the famous local foods from the Tango Peninsula of Kyoto pref located next to Tajima area. A beautiful grand piano is situated in the center of the café floor to create a stylish atmosphere.

Yamanomiya 1327-1, Hidaka, Toyooka
TEL: 0796-45-1367
OPEN: 08:00~17:00
HOLIDAY: Monday every month



18 Juraku-an

We serve "Jugo-Shimizu-no-Itasoba", local specialty soba noodle, which is only available here.

Jugo, Hidaka, Toyooka
TEL: 0796-20-4365
OPEN: Weekday 11:00~16:00, Sat., Sun, and Hol. 11:00~19:00
HOLIDAY: Closed on Thursday every month



23 Taverna SAKUHATA

We serve traditional and delicate tasty Italian dishes at a cozy, wheelchair-accessible space.

Iwanaka 199-1, Hidaka, Toyooka
TEL: 0796-20-4365
OPEN: 11:30~14:30, 18:00~21:00 L/O 20:00
HOLIDAY: Closed on Wednesday every month



28 Burger City

We serve all hand-made specialty burgers cooked on request. There are various kinds of burgers to choose from.

Hioki 22-13, Hidaka, Toyooka
TEL: 0796-42-3648
OPEN: 11:00~19:30
HOLIDAY: Irregular holidays



33 Sweets & Books Kinoshita

A petit café to offer delicious cakes and a cozy atmosphere with books free-to-read for the visitors.

Kokubunji 24-1, Hidaka, Toyooka
TEL: 050-7103-1404
OPEN: 10:00~19:00
HOLIDAY: Closed on Sunday, first and third Mondays every month



38 Takoyaki Okina

Mobile "Takoyaki", octopus balls, shop. Will cater for the requirements for opening a small shop at events free of charge within Toyooka City. We are also open at the wholesale markets in the Tajima area every Friday for you to stop by easily.

Otemachi 1-30, Toyooka
TEL: 0796-23-7595
OPEN: 11:00~22:00
HOLIDAY: Closed on Monday every month