



4 Taking a "workcation" in a stylish guesthouse!



16:00 **futami terrace** F G H

"I want to get some work done while gazing out at the sea, eat some delicious food, then just kick back and relax until morning!" That's the dream I had in mind that brought me to futami terrace. After getting checked in, I started out getting some work done. It really proceeds smoothly in an atmosphere as nice as this. When I wanted to take a break, I'd swing in the hammock and read a book or go for a walk along the seashore. In the evening, I enjoyed sashimi at the restaurant next door, Uoyoshi, and sipped natural wine. What a perfect workcation! I wouldn't have minded staying here a while longer.

▼ 14 mins by car

5 Quieting my mind fully in a tranquil, historic minka!



10:30 **Salon specializing in head massages: Lepo** I

After enjoying a leisurely breakfast at futami terrace, gazing at the sea, I made my way to Lepo with the thought of getting my mind even more cleared out. I really liked the historic minka residence atmosphere. As I entered the massage room, I was met with soft, wafting aromatherapy fragrances, which I found soothing all on its own. When the therapist started massaging my head, it immediately put me into a state of Zen-like clarity. I felt like I wanted to just lie here and get massaged until the end of time... (LOL) My whole body felt so somehow light, I felt like a lot of design ideas might start popping up as well.

▼ 7 mins by car

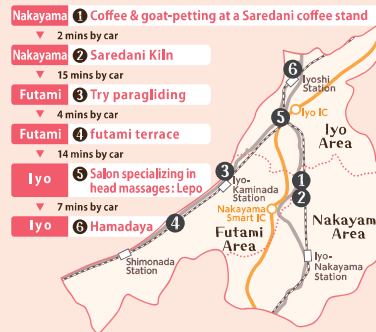
6 Getting filled up on an appetizing local specialty!



12:00 **Hamadaya** J K

After getting so relaxed at Lepo, I started to get hungry, so I hopped in the car and headed for Hamadaya in Iyo City's Minatomachi neighborhood. I was taken by the cozy compact raised tatami-floor seating. As a relic of bygone days when they used to take a lot of delivery orders, there were stacks of wooden okamochi carrying boxes, an antique black rotary-dial telephone, a grandfather clock, and things like that. While taking in the nostalgic Shōwa atmosphere, I gobbled down their specialty of katsudon — pork cutlets over rice without the usual beaten egg. It also gave me time to relax for a bit and look through the photos I'd taken earlier in the day and the day before.

Iyo City Map



Six Must-Try Experiences in Iyo City

I like carefree trips, too, but this time I was intent on getting to do a whole list of things that especially appealed to me here.

So I put together my list, drew up my itinerary, and traveled around Iyo City to make it happen.

Everything from taking photos and shopping to trying out tasty treats, engaging in fun activities,

and finding time to relax, too! I got to indulge myself to my heart's content on this trip.

Sharing all my fun, happy moments with all of you is all part of the trip for me, and I'll wrap it all up with some proper social media posts!



Model Course for Enjoying Iyo City's Three Areas to the Fullest!

1 Snapping lovely pics to make lasting memories!



11:00 **Coffee & goat-petting at a Saredani coffee stand** A

From Matsuyama Interchange, it took only about 13 minutes to reach the Nakayama Smart IC. I was in Saredani in no time! I had my sights set on the mimosa blossoms of Yellow Hill at Inuyose Pass. I got the nice photos I wanted and felt very satisfied. I even got to frolic with a friendly goat named Typica and enjoy some coffee. It really soothed my soul.

▼ 2 mins by car

2 Sampling the unique charms of local ceramic wares!



12:00 **Saredani Kiln** B C

Lately, I've taken up cooking out of a desire to live a more carefully composed lifestyle in due time. I do find myself whipping up a lot of stir-fries... (LOL) Because of that, I've been wanting more dishware that would enhance my cooking in appetizing ways. This led me to the Saredani Kiln, a place I'd been curious about for some time. I'd heard the shop owner was nice and congenial, and she really, really was. They served me green tea, and I got the chance to take a little break looking at the garden scenery. It made me realize how nice it would be to find more time to relax like this.

▼ 15 mins by car

3 Trying out a thrilling activity offering stunning views!



13:30 **Try paragliding** D E

After a little break at the Michino-Eki Futami roadside station bordering Futami Seaside Park, I finally got the chance to try paragliding, something I'd been dying to do! Paragliding is an activity influenced a lot by the weather. You can't do it if it's raining or windy, so it's up to luck whether you'll get the chance on any given day. I truly lucked out! From Michino-Eki Futami right next to Futami Seaside Park, it took about 40 minutes bouncing along in the car to reach the takeoff location. The flight seemed to be over in an instant. It was such an extraordinary experience that even after getting back to the ground, I found myself still in a dreamy state of mind for a while.

▼ 4 mins by car

Recommended Instagram Accounts Full of Iyo Love!

Social media is a great way to share your own experiences of Iyo City, just like these influencers who understand the many charms of this special place!

Hinobori

@hinobori_iyo

An account dedicated to sharing informational media related to life in Iyo City, operated by NISSHO Co., Ltd., an Iyo City-based company that runs a webshop offering interior building materials and handles renovation projects. Shares many exciting posts with a vision of inspiring more people to want to live in or have connections with Iyo City.

Nico

@iynico

An artist based in Iyo City who made her debut as a singer in 2011. In addition to being a singer-songwriter, she engages in a diverse range of performance forms, including sword dancing and poetry recitation. Nico actively pursues opportunities to take part in events and hold live performances, guided by a theme of promoting emotional and spiritual health through her songs. She is also working to expand her range of activities to include social welfare activities and overseas performances.

Have Even More Fun Sharing Your Experiences Online!

Saki's Social Media Pointers!

Travel & social media go hand in hand!



Adjust the Colors Just as You Like
Devote some time to picking out your best photos. Also be sure to adjust the colors just the way you want rather than uploading them as is.

Carefully Consider Your Photo Combinations
When posting multiple photos, be careful to arrange them in a way that makes a nice balance between the first photo and the rest. Put together combinations that effectively convey what you have in mind.

Timing is Important, Too
Time your posts so they're likely to reach as many viewers as possible! I often try to post in the evening.