



Too da!
The wood feels so nice
& smooth



Nakayama
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Nakayama Craft village: Michi-no-Eki Nakayama

271, Nakayama Ne, Nakayama-chō, Iyo-shi
☎ 089-968-0636

A woodworking
challenge!



When I visit Nakayama, I always stop in at this *michi-no-eki* roadside station. There are souvenirs and local specialties to shop for here, of course, as well as eateries offering everything from *soba* buckwheat noodles to sherbet, a bakery, and hands-on experiences unique to the site. This time I decided to drop in at Mokuyūsha to try my hand at woodworking. See the picture frame with a stand that I made? It's pretty satisfying to craft something like that on your own. I found the fragrance and feel of the wood really soothing.

Nakayama
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Coffee & goat-petting: Saredani coffee stand

Yellow Hill at Inuyose Pass, 2055, Kaminada, Futami-chō, Iyo-shi

Enjoy coffee made by the proprietor of this coffee stand who moved here from Tokyo to roast his own coffee and hang out with his pet goat. Choose from three roasts: bright Hanayaka, middle-of-the-road Mannaka, and deep, rich Kokubuka. I'm not much of a coffee aficionado, so I appreciated the straightforward selection. Open hours are limited, so be sure to check his Instagram!



Hi,
my name's
Typica!

Nakayama
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Nakayama Flower House

723, Nakayama Inu, Nakayama-chō, Iyo-shi ☎ 089-967-5020

I personally don't have much of a green thumb. I love nature, though, so I try to get as much contact with plants outdoors as I can. (LOL) The way the sunlight streams into this little botanical garden with its lush greenery — what more could a shutter-bug like me ask for? It's simply unbelievable that a place like this is free for anyone to visit. They also hold a flower and garden festival called Shokkensai on an irregular basis that seems to be a big hit each time. I hope I can attend the next!



Plenty to fill
me up!



So relaxing~♪

Nakayama
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Italian café : nodoka

815-4, Saredani Kō, Nakayama-chō, Iyo-shi ☎ 070-8472-8210

This charming café set in a historic *minka* residence serves creative dishes from pizza topped with local Saredani-grown taro roots and sweet potatoes to Nakayama chestnut pasta featuring a broth made from shaved flakes of dried bonito (*katsubushu*) on a reservations-only basis. The space has an intentionally unremodeled feel, with decor creating a nostalgic ambience with the many decorative objects and furnishings. The atmosphere was so relaxed with a cozy "grandma's house" feel that the time slipped by more than I was even aware.



Lunchtime with my
Natural Plate

With ingredients
this good,
simple is best ♡



Nakayama
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Koyomi Space

700-1, Nakayama Inu, Nakayama-chō, Iyo-shi ☎ 089-989-9009

This space reopened after renovations in November 2023, offering nature-based experiential learning courses for parents and children to take together. I tried out the Wood Therapy course, which involved resting on a wooden bed for an hour. I went with yew, a wood associated with inspiration. I switched my smartphone off and concentrated on feeling. What a nice, introspective time that allowed me!

Beyond the secret door,
soothing therapy awaits ♪



Nakayama
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Kusabana Village

700-1, Nakayama Inu, Nakayama-chō, Iyo-shi (Inside Koyomi Space)
☎ 089-989-9009 (Koyomi Space)

Located inside Koyomi Space, this bakery features additive-free breads and baked goods. Other offerings from their carefully thought-out menu include an extravagant *purin* custard pudding made with real vanilla beans. On this visit, I decided to order the Natural Plate: seasonal veggies and bread served with chickpea hummus. It was sooo good that I bought extra hummus to take home with me!



Photo location: Coffee & goat-petting
at a Saredani coffee stand



Introspective Excursions

Resetting body & mind in a rural satoyama setting

Get in Touch with Nature,
Get in Touch with Yourself:
A Neighborhood with a Relaxed,
Easygoing Pace

Though I'd been here to photograph the famous Yellow Hill at Inuyose Pass, Nakayama was still pretty unfamiliar to me. Getting to spend a little more leisurely time here on this visit made me feel like, if anything, this is a place I might enjoy visiting solo even more than on a lively group outing: trying out hands-on woodworking, getting immersed in the greenery, frolicking with a friendly goat... I spend so much time glued to my computer screen, and Nakayama gave me the chance for a reset of both body and mind. If you like the idea of turning your gaze inward and enjoying some leisurely time in a setting like this, I highly recommend a visit!

