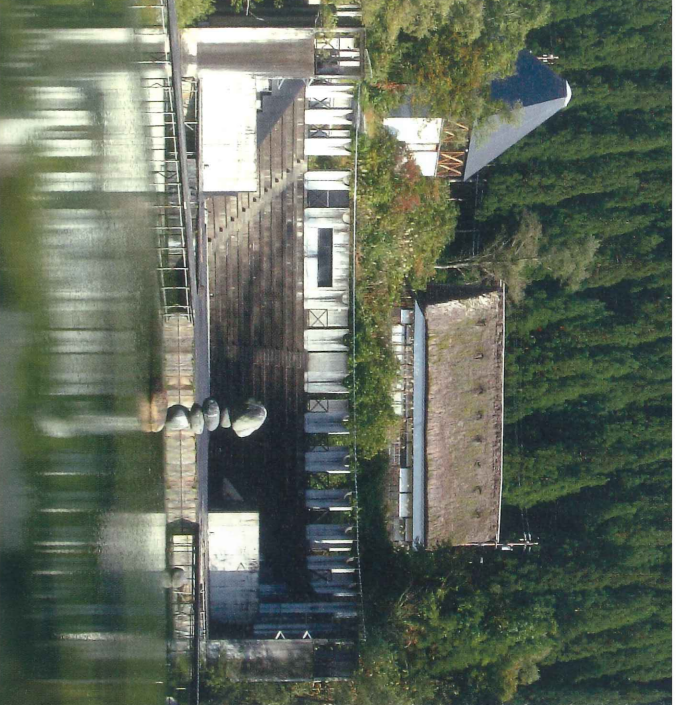




Connect with nature in the quiet artistry of Toga.

Traditional culture thrives here among the picturesque natural greenery between majestic mountains and clear streams. Through the SCOT theater troupe, soba festival, and other events, the people of Toga have made a town where old meets new.



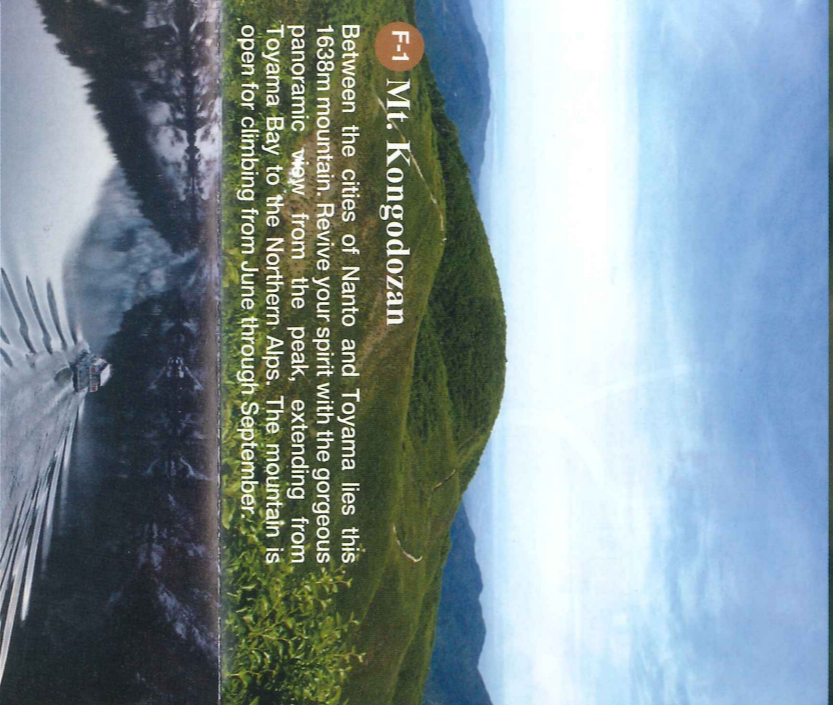
**E-2 Toga Art Park (Toga Geijutsu Koen)**

Toga is internationally renowned as a hub for the performing arts, attracting performers from all over the world. Its numerous high-quality theaters include Toga Sanbo, a gassho-style theater, and the Open Air Theater, a Greek-style amphitheater. The park's impressive global reputation has earned it the nickname "The Mecca of Theater".

[Tel] 0763-68-2028

**F-1 Mt. Kongodozann**

Between the cities of Nanto and Toyama lies this 1638m mountain. Revive your spirit with the gorgeous panoramic view from the peak, extending from Toyama Bay to the Northern Alps. The mountain is open for climbing from June through September.



**A-4 Shogawa River Gorge**

This gorge centered on the Komaki Dam offers beautiful scenery no matter the season, with cherry blossoms in spring, vibrant greenery in summer, fall foliage in autumn, and a picturesque snowscape in winter. Take a ride on the Shogawa Pleasure Boat and enjoy the gorgeous mountain landscape.

Shogawa Pleasure Boat

[Tel] 0763-82-0220

[Fee] Normal cruise: ¥2,800 (general), ¥1,400 (children)

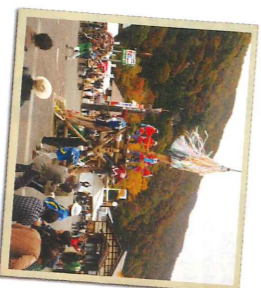
[Short Cruise: ¥1,000 (general), ¥500 (children)]

Discounts available for large groups

**Don-to Toga Mountain Festival**

[Late October]

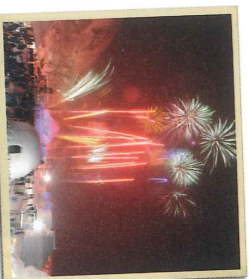
When gassho-style homes were being made in Toga, a ceremony would be held to make the foundational stone at the center of the building. Relive the ceremony through the "Ishikachi" on parade at this festival. The sound of an 800kg wooden hammer against a huge rock resounds through the festival grounds, leaving an air of dignity and majesty.



**Nanto Toga Soba Festival**

[Early February]

Snow huts and massive snow sculptures mark the location for this festival. Forget about the cold with some hot, delicious handmade Toga soba, made from 100% buckwheat. After filling up on grilled char and other local foods, head over to the stage to enjoy live music and folk songs, or watch the sky light up with fireworks.



Inquiries

■ Nanto Tourism Association Toga Branch  
171 Toga Village, Nanto City  
Toyama Prefecture, 939-2507 Japan  
TEL: 0763-68-2527  
FAX: 0763-68-2626

■ Nanto Tourism Association  
1058-1 Noda, Nanto City  
Toyama Prefecture, 939-1842 Japan  
TEL: 0763-62-1201  
FAX: 0763-62-1202

HP <http://www.tabi-nanto.jp/en/>



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**E-2 Meditation Village (Meiso no Sato)**

This tranquil area was built as a symbol of goodwill with the city of Tukuche, Nepal. The gorgeous mandala spanning 4 panels 4 square meters each was painted by an artist from Tukuche over the course of a year. The intensity of the artwork when viewed from close up can be overwhelming.

[Tel] 0763-68-2324 [Open] 9:00~16:00

[Closed] Wednesdays, winter

[Fee] ¥600 (general), ¥300 (primary school students)

Discounts available for large groups



**Toga Shinryoku Festival**

[Late May]

This festival coincides with the appearance of spring greenery. Enjoy a taste of the local foods such as fresh, abundant mountain vegetables, grilled char fish, freshly pounded yomogi-mochi, and the famous Toga soba.



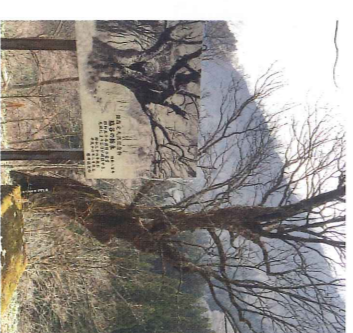
**SCOT Summer Season**

[Late August]

"There's more to the world than Japan, and more to Japan than Tokyo. Experience the world through Toga." The SCOT Summer Season world theater festival was started with this slogan at its heart. Enjoy performances from around the world at the Open Air Theater, "Toga Sanbo" gassho-style theater, and other theaters throughout the village.

**B-2 Wakidani Horse Chestnut**

One of Japan's few nationally designated natural monuments, this 800-year-old tree is 20 meters tall and has a 11.89 meter root circumference.



**E-3 Soba no Sato Museum**

Learn all about soba though the displays here, including an array of soba seeds from around the world. Enjoy shopping at the on-site specialty store, or make reservations to make your own soba.

[Tel] 0763-68-2034

[Open] 9:00~16:00

[Closed] Wednesdays, winter

[Ind Fee] ¥300 (general), ¥200 (primary school students and younger)

[Group Fee] 20 people or more - ¥270 (general), ¥180 (primary school students and younger)



**D-2 Toga Memmen-kan**

All kinds of noodles are made and sold here, starting with somen noodles. Take a tour of the factory, or learn the process of udon-making by making your own.



[Tel] 0763-68-2100

[Open] Saturdays 9:00~16:00, Weekdays 10:00~15:00

[Closed] Mondays (if Monday falls on a holiday, shop is closed the following day), the beginning and end of the year, winter, and certain designated days

[Fee] Free

**E-3 Sakaue Great Cedar**

Located at the Sakaue Hachiranguru Shrine, this is one of the largest cedars in Toyama prefecture. Standing at 40 meters tall and with a root circumference of 11 meters, this 700-year-old tree is still thriving and growing.





### DINING

- C-3 Teahouse Toga-toga**  
Fill up on original dishes full of Toiga specialties, like tofu, mushrooms, and char fish over rice, then top it off with delicious desserts and tea. Unique souvenirs also sold.  
[Tel] 0763-68-2032  
[Open] 11:30-22:00,  
Sun&holidays 11:00-17:00  
[Closed] Mondays  
Please bear in mind that our closing days are not set during winter.
- E-4 Umamion-kan**  
Seasonal dishes using fresh, local ingredients and soba.  
[Tel] 0763-68-2963  
[Open] 11:00-17:00  
[Closed] Thursdays
- D-2 Yodaretei**  
Grilled char fish, fried chicken, sashimi, mountain vegetable dishes, handmade soba, and more. Enjoy a meal at the barbecue house.  
[Tel] 0763-68-2452  
[Open] 11:00-14:00  
[Closed] Wednesdays
- F-1 Restaurant Mugiya**  
We recommend the "Toga Gosen", which includes handmade Toiga soba and char fish.  
[Tel] 0763-68-8400  
[Open] 11:00-14:00  
[Closed] Wednesdays
- E-2 Ippuku Chaya**  
A perfect rest stop while driving through the mountains, with clean air and famous Wakidani waters. We recommend the mountain vegetable soba, made with a mother's touch.  
[Tel] 0763-68-2922  
[Open] 9:00-17:00  
[Closed] Wednesdays,  
Dec 20 ~ March 31
- E-3 Meisui no Yakata**  
Healthy dishes handmade by local mothers, served in a refined, dream-like atmosphere.  
[Tel] 0763-68-2324  
Reservations only  
[Closed] Wednesdays, winter

- E-4 Umamion-ka**  
TEL.0763-68-2963
- E-1 Toga International Campsite**  
TEL.0763-68-2556
- D-2 Minshuku Okamoto**  
TEL.0763-68-2452

- F-2 Jolly Party**  
TEL.0763-68-2366
- F-2 Zuhō**  
TEL.0763-68-2458
- F-2 Magzo**  
TEL.0763-68-2767
- F-2 Koinami**  
TEL.0763-68-2414
- E-3 Naka no Ya**  
TEL.0763-68-2104
- E-3 Inakubo**  
TEL.0763-68-2432
- F-2 Toga Center for Creative Exchange**  
TEL.0763-68-2026
- E-3 Meisui no Yakata**  
TEL.0763-68-2324
- D-3 Star Forest Toga**  
TEL.0763-68-8100

- D-2 Memmen-kan**  
TEL.0763-68-2100
- D-1 Toga International Campsite**  
TEL.0763-68-2556
- Financial Services**  
C-3 JA Tonaminno Toga Branch  
TEL.0763-68-2211
- Gas Station**  
D-2 JA Tonaminno Momosegawa (closed Sun)  
TEL.0763-68-2400
- E-4 Etsuki Kensetsu Co. (closed Sun)**  
TEL.0763-68-2336
- Government Office**  
C-3 Nanto City Hall Toga Administrative Center  
TEL.0763-68-2112
- C-3 Nanto Police Station Toga Branch**  
TEL.0763-68-2110

### SHOPPING

- Gokayama Oyaki**  
These dumplings use all local Toiga buckwheat flour and mountain vegetables. The filling is made using udo, kugurmi, pumpkin, dried daikon radish, or minced meat, then wrapped up in dark buckwheat dough. The unique ingredients make this a one-of-a-kind treat.
- Grilled Char**  
The char fish lives in cool, clear river waters, making Toiga a perfect habitat for them. When grilled with salt, their crisp skin and flaky meat is truly delicious. Some minshuku also serve char fried or as sashimi.
- Seiryu Somen**  
Thin yet strong, these somen noodles are handmade using traditional techniques. Toiga's clear waters and cool climate create the ideal environment for perfect, delicious somen.
- Toga Soba**  
A long time ago, Toiga's soil became infertile and unable to grow rice so the locals turned to buckwheat to replace it. Toga soba is made with 100% buckwheat flour (no fillers), giving it a distinctive darker color. It can be found at various eateries around Toiga, as well as at events such as the Toga Soba Festival in early February.
- Mountain Vegetables**  
Toiga is surrounded by the lush greenery of the neighboring mountains. All sorts of wild mountain vegetables grow here, such as butterbur, chives, fiddleheads, senna, koshlabura, fastia sprouts, udo, and many others. They can be enjoyed fresh in-season, or dried or pickled in the snowy winter months.

Reservations Required