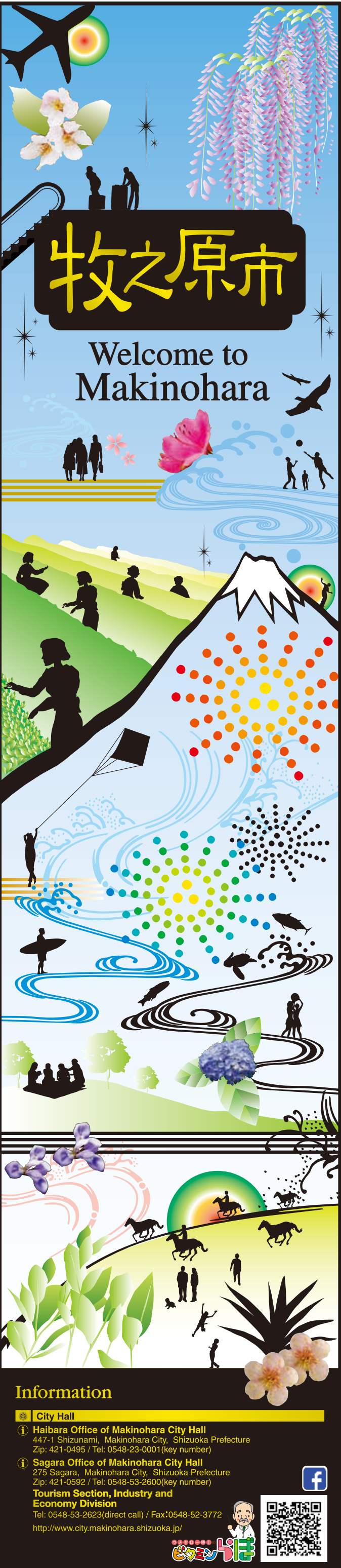
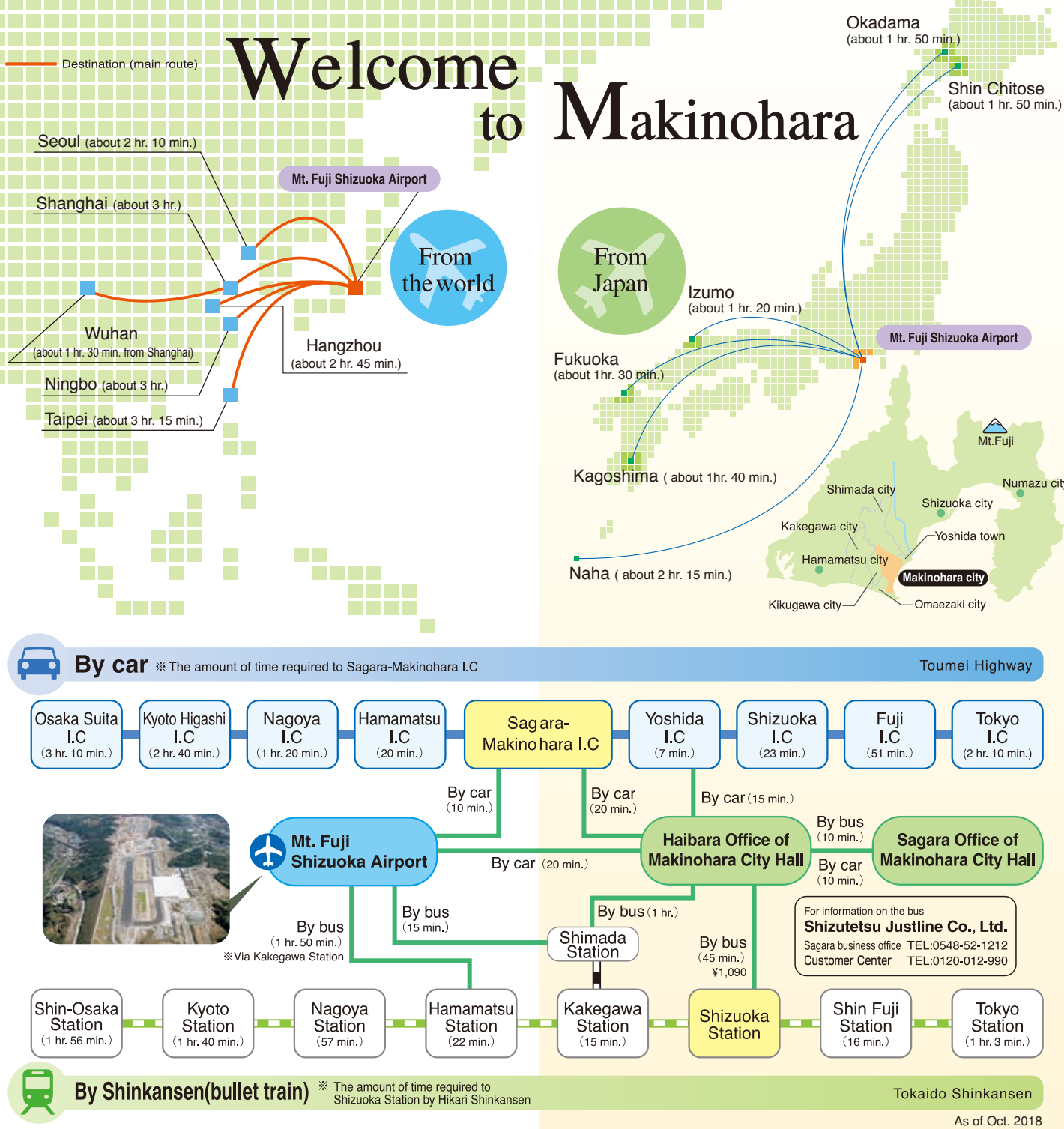


Tourist information

Hello NAVI Shizuoka <http://hellonavi.jp/>
Shizuoka Prefecture Tourism Association TEL:054-202-5595





The Room of Blue

Uninterrupted blue sky and blue ocean
Makinohara is one of the greatest marine resorts

Resort

MAP 3 Sagara Seaside Park
This is a park adjacent to Sagara Sun Beach. It has an outdoor stage for a variety of different events.
■264-23, Sagara, Makinohara City
■0548-53-2623 (Tourism Section)
■Outdoor stage, rest area (call us as for the use of stage)

MAP 4 Sagara Sun Beach / Shizunami Swimming Beach
It's a beach with white sand and green pines. Since it's a shoaling beach with small waves, the beach is safe for families with small children. You can also enjoy surfing and body boarding in the neighboring area.
Sagara Sun Beach ■Open from July 1 to August 31
■0548-22-5600 (Makinohara Tourism Association)
Shizunami Swimming Beach ■Open from June 30 to August 31
■0548-22-5600 (Makinohara Tourism Association)

COLUMN
Mystery of life: sea turtle
You can see green turtles coming to the city's beaches to lay eggs from May through August of every year. The conservation group named Kamemeha Kingdom is active in protecting green turtles in danger of extinction due to decreased sand and other factors.

The lifeguards make sure swimmers in the sea are safe and secure.
Sagara Sun Beach and Shizunami Beach have regularly assigned lifeguards when they are open. The lifeguards watch guests and save lives in time of need. Please follow their directions to enjoy swimming at the beach.

The Room of Red

Your body is hot from the variety of festivals!
Your heart is warmed by the lively and elegant flowers!

Feb. Second Saturday
A traditional dance for rich harvest of rice

Mar. End of month
Katsumata River Cherry Blossom Festival
Azalea festival in Katsumata Park

Apr. Middle of month
Azalea festival in Katsumata Park
End of month
Horse-racing contest in Sagara

May 5th
Kite-flying contest

Jul. Last Friday
Shizunami Marine Festival and fireworks displays

Aug. First Friday
Summer Dream Stage (Milky Way)
First Saturday
Koshido fireworks display
Summer Dream Stage (Hondori Shopping Street)

10th
Sagara Marine fireworks Show

Sep. From Sep. to Nov.
Ofune Shinji

MAP 6 Miyama azalea (Katsumata Park)
MAP 7 Hydrangea (Akiba Park)
MAP 8 Wisteria (Toko temple)
MAP 9 Japanese apricots (Sagara Apricot Garden)
MAP 10 Cherry blossoms (The bank of Katsumata River)
MAP 11 Tea blossoms

MAP 12 Sagara kite-flying contest
The kite flying celebrates the birth of eldest son or daughter.
■May 4, 5 ■Sagara Sun Beach ■0548-22-5600 (Makinohara Tourism Association)
■admission is free

MAP 13 Ofune Shinji
Young men called Funawaka walk the streets shouldering models of Sengoku boats.
■Ask the date to 0548-53-2646 (society and education office) ■Ooe Hachimangu Shrine and other places

MAP 14 Fireworks Show
About 1000 fireworks on the sea or in the water add color to the night sky.
■Shizunami Marine fireworks Show ■The last Friday of July ■Shizunami Swimming Beach ■Sagara Marine fireworks display ■August 10 ■Sagara Sun Beach ■0548-22-5600 (Makinohara Tourism Association)

MAP 15 Summer Dream Stage
Street performances take place on the shopping street.
■First Friday of August (Milky Way) ■First Saturday (Hondori Shopping Street) ■0548-53-2627 (Commerce, Industry, and Enterprise Section)

MAP 16 Katsumata River Cherry Blossom Festival
You can walk under a tunnel of 1500 cherry trees. They are illuminated in the evening during the festival.
■The end of March ■Shizunami, Makinohara-City ■0548-22-5600 (Makinohara Tourism Association)

COLUMN
A Film Commission of Excitement!
Movies, dramas, and CMs (commercials) have been filmed in the city, including "Natsu no Hi, Kimi no Koe (A Summer Day, Your Voice)" (starring Shono Hayama), which was shot in completion on location in Makinohara City and released in 2015). Makinohara City started up a film commission in a cooperative effort to promote filmmaking to boost tourism and strengthen the city's PR and image.

[Works that have been filmed in the city or works in which locals have cooperated as extras] Many movies and dramas have been filmed in the city.
Movies and short films
Heaven's Door
Team Batista no Eikou
Life ~ Tengoku de Kimini Aetara ~
Mamiya Kyodai
Boukoku no Aegis
Maison de Himiko
Water Boys
Fufu Fu-Fu-Nikki
Hibi Rock
Eien no Zero
100 Kai Naku Koto
Proposal Daisakusen Special

The Room of Green

Makinohara with 2590 ha of large tea fields.
Relax with the gentle color of tea.

Makinohara Green tea Lesson

How to make green tea

- 1 Pour hot water into each teacup to cool down to usually 70°C to 80°C. The amount of water should be 70% of a cup.
- 2 Put tea leaves into a tea pot. One table-spoon is for two people.
- 3 Pour the cooled water (1) into a teapot and wait for 30 to 40 seconds.
- 4 Pour it into the teacups again. Take turns pouring it into each cup to equalize the strength, and finish extracting to the end.

MAP 1 "Temomi" Center Satsuki-en
You can experience the process of making green tea in this facility. Handpicking activities are held from May through September, the experience of hand-rolling tea is available throughout the year. You can take the tea home.
■679-1, Ooe, Makinohara City ■Open 9:00 to 18:00
prior reservations are essential to Yabe. 0548-52-1062
■open 7 days a week ■Fee: picking green tea 600 yen~; hand-rolling tea 1800 yen~

MAP 2 Greenpia Makinohara
This is a theme park where a tea-making factory is located within the tea field, based upon the idea of green tea and health. You can enjoy a tour of the production process and a handpicking experience. You will find a large selection of green tea souvenirs.
■151, Nishihigashi, Makinohara City ■Open 10:00 to 17:00 ■0548-27-2995 ■Closed: year-end, and New year holidays (Dec.29 to Jan.3)

COLUMN
Green tea components
Catechin
Inhibition effect on carcinogenic activities
Prevention of food poisoning
Caffeine
Diuretic effect
Recovery from exhaustion
Theanine
Fall in blood pressure
Functional coordination of brain and nerves

[Other components]
Astringency
Bitterness
Flavor

The Room of Black

Your body and soul warm up by hot water and heartwarming hospitality at twilight.

MAP 5 Koumare Hot Springs
This is the only natural hot springs in Makinohara. It is appreciated for the blessings of children, safe delivery, and longevity. The facility is barrier-free so that everybody from children to the elderly can visit the hot springs.
■672-1, Nishihigashi, Makinohara City
■open from 10:00 to 22:00 ■0548-54-1126
■closed: second Tuesday ■Fee: 850 yen for adults, 300 yen for children, free for infants (for 4 hours), 2100 yen /2hours for family bathing

Dining
Enjoy our local specialties of buckwheat noodles, Kurubuta pork and baked cheese curry, and seasonal foods.

Lounge
Feel free to use the lounge for relaxing and chatting after bathing.

Relaxation room
Let's relieve daily fatigue with a massage

Sauna room
You can refresh yourself by sweating in the sauna.

Map of the facility
Smoking area Terrace
Counter
Private room
Open-air bath
Open-air bath
Ashitaka-no-Yu bathhouse
Hagi-no-Yu bathhouse
Family bath
Entrance
Shoe cupboard
Relaxation room
WC
Lounge
Dining

COLUMN
One of Enshu's seven wonders : Koumare Ishi
A stone in the shape of a cocoon falls as if a child was born from the rock wall. They say that a stone comes from the diff of the hill behind each day, or alo, which adds moisture and tone to your skin, another day. You'll see what kind of hot springs you can enjoy today.

The Room of Color

There are colorful selections of specialties.
Enjoy attractive food unique to Makinohara!

Strawberries
The sweet and sour taste will spread in your mouth.

Watermelons
Watermelon holds along the seashore are a must-see.

Oranges
Sweet oranges grown on the slopes of the mountains.

Melons
Greenhouse melons are the finest quality.

Seafood
Fresh seafood landed on the port.

Turtle Manju
It's a turtle-shaped bun with bean-jam inside.

Bribe Monaka
Unique bean-jam-filled wafers makes people laugh.
Sold exclusively in Makinohara

Green tea
It's a rarity with flavor and nutrition.
Specialty of Makinohara

Sweets made of green tea
Enjoy the mild flavor of green tea.
Sold exclusively in Makinohara

COLUMN
Umetaro Suzuki, discoverer of vitamin B
Vitamin B is well known as one of the most important nutrients for life. In fact the discoverer of vitamin B was Japanese; Dr. Umetaro Suzuki from Makinohara. He was born in 1874 in the city and received the best grades when graduating from the Department of Agriculture of Teikoku University. Later, he learned to analyze proteins and amino acids in Germany. Then in 1910, he succeeded in extracting the ingredients effective in preventing beriberi, which had been rampant in those days. The ingredient oryzanin is actually vitamin B.

Dr. Suzuki had contributed to therapy for beriberi, which was a feared disease of unknown origin, and became a world-famous scientist of whom Makinohara is justifiably proud.