

I recommend Yamagata 1

An Experiential Journey through the Landscapes of Yamagata



- 1 International visitors strolling the charming historical townscapes of Ginzan Onsen. (VP No.11 Ginzan Onsen, Obanazawa City)
- 2 A guest proposes during a visit to Yamadera.
- 3 Hiking in Genso no Mori, a forest of cedars over 1,000 years old. (VP No.84 Genso no Mori, Tozawa Village)
- 4 International visitors catching a sea bream during a Sea-to-Table tour.
- 5 Taking in the many scenic cherry blossom spots of Yamagata by e-bike.



Yamagata is full of beautiful landscapes which have captured the imagination of not only the Japanese themselves, but also of people around the world. Zao, Yamadera, Dewa Sanzan, Ginzan Onsen, and beyond—the ever-changing beauty of these landscapes is truly captivating. We develop and operate tours throughout Yamagata which showcase the wealth of nature, history, culture, and distinctive culinary traditions in each region through authentic interaction with locals and hands-on experiences. Go hiking and cycling deep in nature. Connect with locals via a farmstay or homestyle cooking lesson. Explore the secrets of fermentation, the traditional techniques used to make sake, miso, and other characteristic foods of Yamagata. Catch fish alongside a Shonai fisherman, then transform it into sushi alongside a professional chef. Hone mind and body through samurai swordsmanship training in the birthplace of iaido ... These are just some of the unique experiences Yamagata has to offer.



**The Hidden Japan LLC President
Saori Yamashina**

Saori Yamashina was born and raised in Mikawa, Yamagata. In 2018, she founded The Hidden Japan LLC, a travel company specializing in destination promotion and tour design geared towards travelers from Western countries. With the mission of connecting visitors to local charms to create the ultimate travel experience, The Hidden Japan collaborates with Yamagata-based operators to develop tour content unique to the prefecture. Ms. Yamashina currently serves as a member of several committees, including the Yamagata Prefecture Keikan Keisei Council, the Yamagata Prefecture Tourism Council, and the Kankokuyaku Yuchi Suishin Council, established as a collaboration between Tokyo and Yamagata Prefecture.



I recommend Yamagata 2

The Seasons of Childhood : Living a Life in Yamagata's Natural Landscapes



- 1 Exploring tidepools on Tobishima (No.30,96,Tobishima,Sakata City)
- 2 Late spring river adventures (Kinonesaka,Sakegawa village)
- 3 Finding treasures in Fall (Jinpo, Shinjo City)
- 4 A first glimpse of snow (Sakegawa Eco-Park, Sakegawa village)

Yamagata is like a child's dream, filled with the wonders that only nature can provide.

In spring, children can forage for wild vegetables in the mountains, plant rice in naturally cultivated paddies, hunt for salamander eggs, frogs, and insects, and delight in playing in the mud.

When summer arrives, they escape the heat by playing under waterfalls, snorkeling in the ocean as they chase schools of fish, and racing handmade reed boats in the rivers. As the nights grow cooler, the forests call them back with vibrant colors, hidden treasures, and endless adventures.

In winter, as the snow muffles the sounds of daily life, children dive gleefully into its soft drifts, slide down snowy hills, and build their dream homes or stage epic snowball fights. Yamagata is a place where every season carries a voice in nature, beckoning us to come and play.



**Kamui Kids Representative
Frederick Lauer**

Born in Wisconsin, USA, I earned a Master of Science in Systems Ecology from the University of Montana. I first came to Japan in 2009. In March 2019, I moved to Sakegawa Village with my wife, a picture book author from Gunma Prefecture, and our two sons. In 2020, I launched the "Kamui Kids" initiative, creating spaces where children can learn and explore through self-directed activities. I support free and independent learning by utilizing the abundant natural environment and embracing the changes of the seasons. I am passionate about fostering environments where children can deepen their interests, grow authentically, and connect meaningfully with the world around them. I also value strong ties with the local community and, together with my family, enjoy a harmonious life in Mogami while pursuing diverse opportunities for learning and growth.



I recommend Yamagata 3

置賜——「自然」與「人們」相映成趣之地



- 1 飯沼の水没林毎年春都会因雪融水而淹没，创造出如梦幻般的景象。
- 2 世界最大規模的葛蒲收穫之一位於長井市的長井公園，100萬顆球根由當地社區的人們精心照料。
- 3 幾世紀以來，紅花被用於和服染色，也被稱為藝伎標誌性鮮豔紅唇的染料來源。白鷹町每年夏天都會迎來全日本最大的紅花收穫。
- 4 不知不覺地被南陽熊野神社的神秘魅力所吸引。據說這裡是兩個命運的交匯之地，日語稱之為「縁結」。
- 5 提姆在島海山吹奏法螺貝。

山形的置賜地區是值得用心、身體和靈魂去體驗的地方。盛夏時白鷹的紅花綻放出一望無際黃金色的花田，長井的紫色菖蒲花毯美不勝收。一邊擦拭汗水，一邊欣賞美景、划著獨木舟穿越彷彿世外桃源的飯沼水沒林，或是在南陽熊野神社中，細心尋找隱藏的兔子雕刻。這裡的美麗讓人不禁疑惑在現今過度旅遊和觀光需求不斷增加的時代下，是如何讓這片美麗的土地得以保存？答案就是「人們」。將傳統口耳相傳、互相扶持度過嚴酷的冬季，無論多忙碌，始終以微笑迎接新面孔與老朋友。即使您從未聽過置賜，這裡的景色與人們定會在您的心中留下深刻難忘的印象。



**Expedition Japan
Sarah Dean
海外旅客觀光推廣負責人**

在山形縣長井市役所工作4年，負責地域宣傳推廣。於2023年開始在 Expedition Japan擔任海外旅客觀光推廣負責人，策劃針對外國遊客的旅行行程，宣傳當地魅力。把山形視為自己的第二故鄉，致力於當地文化的保存與發展，特別注重推動「可持續旅行」。



特集記事のサンプル（中国語版）

I recommend Yamagata 4

日本的靈性之地：山形縣



- 1 提姆在島海山吹奏法螺貝。
- 2 位於山形縣鶴岡市瀨殿山神社的鳥居。
- 3 秋天的島海山和山形縣酒田市的金色稻田。
- 4 帶領參加者在羽黑山進行山伏修行體驗（鶴岡市羽黑山，VP No.26）。

腳下是一片盛開著黃橙色花朵的綠色草原，在遠方，巍峨的山崖籠罩著不祥的烏雲。毫不猶豫地跟隨著前方那白色的身影前行。他們要去哪裡？正在做什麼？法螺貝的聲音迴響，誦經的聲音就此響起。你已經抵達。歡迎來到神靈之域——山形。山形自古以來便與山伏修行者和來自日本各地的朝聖者有著密切的聯繫。他們的主要目的地是？出羽三山，出羽山中三座神聖山峰。位於羽黑山腳下的山向地區，是日本唯一的山岳信仰村落，這裡設有宿坊街，還保留了自17世紀中葉以來一直保持的集體朝聖文化。讓山伏帶領你體驗一場與眾不同的修行之旅。



**東北公益文科大学、株式会社 Megurun
創作者，特聘助理教授，項目經理**

**Tim Bunting 提姆·邦廷
山伏名：詠宣**

提姆出生於紐西蘭，2010年通過JET計畫來到日本，擔任山形縣庄内町的語言教學助理。於紐西蘭威靈頓維多利亞大學完成應用語言學碩士學位課程後，在2015年加入東北公益文科大学就職。2016年，提姆參與 Megurun運營的山伏連計劃，並於2017年被出羽三山神社正式認證為山伏。作為山伏連團隊的一員，提姆帶領人們進入山形的山脈，進行古老修驗信仰的靈性修行。提姆通過他的每週通訊和「Kiwi Yamabushi」YouTube頻道，向全世界介紹山形的魅力。@KiwiYamabushi timbunting.com<http://timbunting.com>

