

Highlights of the Shikoku Seiyō Geopark and the Miyoshi Area

Life on the Uwa Sea coast

Learn: Heavy rains in July 2018 caused significant damage in the area but also heightened interest in its mountains and rivers.

Eat: The sawtooth coast, formed when the sea filled deep river valleys, is the source of many of the Uwa Sea area's delicacies.

Explore: Seiyō's white cliffs are not only pretty to look at but also have long been a source of limestone, a building material that was once shipped as far as Taiwan and Korea.

Exploring the Miyoshi area

Learn: Learn about the people of the *sora* villages, whose livelihood depends on places formed by landslides.

Eat: Most local produce is grown with fertilizer drawn from *koeguro*, a type of compost contained within piles of drying grass cut from the slopes.

Walk: Walk from one *sora* village to the other by crossing suspension bridges fashioned out of mountain vines.