

## **What to Do at Uminowa**

### *Visit*

Uminowa is the ideal starting point for a visit to Ashizuri-Uwakai National Park. Both a source of information and a place for relaxation, the center aims to be a spot where visitors can pause to get their bearings before exploring the park further. The building's terrace, with views out toward Tatsukushi Bay, is particularly pleasant in summer. In winter, visitors can relax by a wood-burning stove and warm up before entering the main exhibition area.

### *Participate*

Besides providing visitors with up-to-date information on the park and the Tosashimizu area, the center organizes and hosts a variety of events. These include many educational and interactive programs in which participants of all ages can learn about the local landscape and culture. Note that some programs may not be offered in English.

### *Explore*

The staff at Uminowa are well versed in all things concerning Ashizuri-Uwakai National Park. They can help visitors plan a trip through the park by recommending outdoor and cultural experiences throughout the year, and also provide information about sights and ways of enjoying the park that tend to be overlooked.

### *Learn*

From the unusual rock features on the Tatsukushi Coast to the colorful corals and other marine life in the nearby sea, the unique landscape of Tosashimizu is a subject of ongoing study. Uminowa seeks not only to highlight the results of past projects but also to support further research by establishing connections between scientists and local residents.

### *Interact*

The diverse activities conducted by Uminowa to connect visitors and local residents alike with nature—and with each other—bring about a lively exchange of ideas and information. When people with different values and ways of thinking interact, new insights and solutions related to the conservation and enjoyment of nature are sure to emerge.