

Exploring the Shimanto Area

The best way to explore the area is at a leisurely pace, in tune with the languid Shimanto River. Quiet rural roads and riverside trails are ideal for walking and cycling. Walk or ride across the low *chinkabashi* bridges, barely wide enough for a single car, which offer uninterrupted views of the river scenery.

Exploring on two wheels

The roads around the middle and lower reaches of the Shimanto River are fairly flat, suitable for cyclists of all levels. Some hilly sections towards the upper reaches of the river may be easier to tackle with an electric-assist bicycle. One easy half-day route covers 6 kilometers each way from Nakamura Station to Sada Chinkabashi, the closest *chinkabashi* bridge to the town center. Route maps are available at tourist information centers and bicycle rental shops throughout the area. Some rental shops allow cyclists to pick up or drop off bikes at stations and other locations along the river between Nakamura and Ekawasaki stations (37 km).

Exploring on foot

Walking trails follow the Shimanto River and its tributaries. Nyuta Willow Forest is a park with walking trails next to the river, about 20 minutes by bicycle or a short drive from Nakamura Station. In spring, millions of bright yellow canola flowers bloom under the willow trees. Nakamura is a compact historical town near the Shimanto River, and a convenient base for exploring the area.

Camping

Several campsites along the river provide camping and other equipment rentals. Kawarakko, near the Takase *chinkabashi* bridge, rents canoes, bicycles, and camping gear. Canoe Kan, downstream from the Nagaoi *chinkabashi* bridge, offers a choice of tent or bungalow accommodations, and canoe and bicycle rentals. Many campsites are located next to river beaches, close to popular swimming and fishing spots.