



Sayo Gourmet **Fried Udon with offal**

A must-try when visiting Sayo Town. This local cuisine has been beloved for about 70 years in the town, and there are many restaurants that serve it. Fried udon with offal is a classic dish eaten by people sitting around a *teppan* iron plate, and it is always on the menu when families and groups gather.

The dish is characterized by the fact that the offal, vegetables, and udon noodles are grilled on the *teppan* and dipped in sauce before eating.

Fried udon with offal **restaurants**



Sayo Town is famous for sunflowers
Sunflower Fields in Sayo

Sayo Town boasts one of the largest sunflower fields in the Kansai region. Hundreds of thousands of sunflowers carefully cultivated by local farmers bloom from mid-July to early August, cheering up visitors with their yellow color shining in the summer sun.



Sayo's sunflowers are fun to look at and delicious to eat

Sayo Town began initiatives to make sunflowers its specialty about 30 years ago. The town staggers the flowers' blooming periods to lengthen how long they can be viewed, and offers hospitality through processed products made using sunflower seeds.



Souvenirs

Additive-free, high-quality natural sunflower oil and processed products

Sayo town

TEL 0790-82-0670 <https://www.sayo-kanko.jp/>

The published information is current as of March 2023. Please check the latest information as it may have changed.



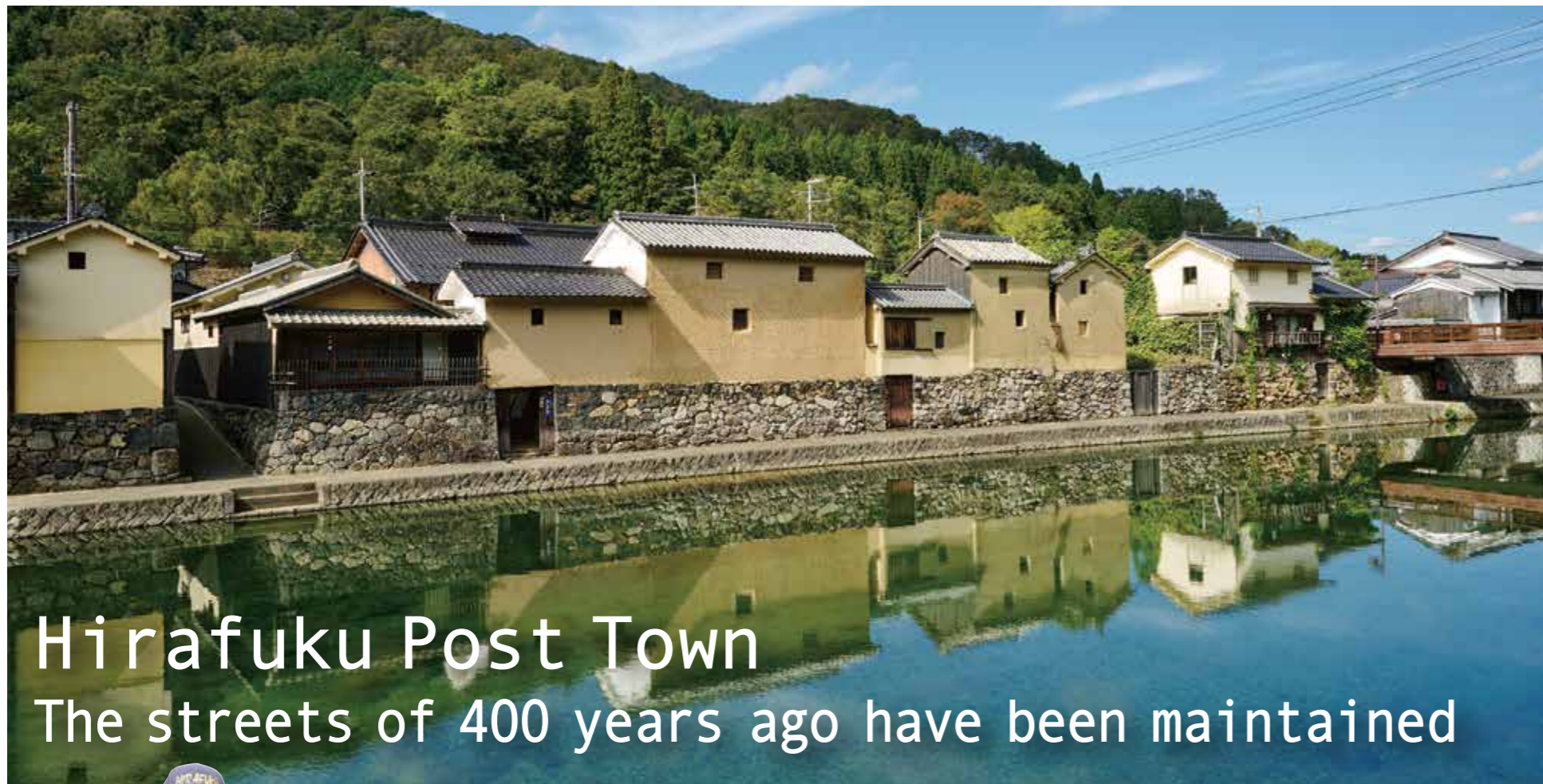
Short Trip to **SAYO**



Easy to access from Osaka and Himeji, Sayo Town is perfect for a short trip. Visitors can enjoy the Japanese *satoyama* (landscape with harmony between nature and humans) while strolling through the Edo period streets and eating the famous fried udon with offal. It is also recommended to have a relaxing stay by renting a traditional Japanese house. The locals who love our town will welcome you.

Sayo Town **Travel Guide**





Hirafuku Post Town

The streets of 400 years ago have been maintained



Hirafuku was built as a castle town in the Edo period (1603-1867), and prospered as a post town on the Inaba Kaido road connecting Himeji and Tottori. One turn off the national road and you will find a town that retains its traditional look without becoming too touristy. The historical scenery, such as rows of old houses (including

three Edo period buildings) and storehouses surrounded by stone walls, are concentrated in a small area, making it perfect for a leisurely stroll. There are also spots to visit such as a venerable soy sauce warehouse, cafes, and a farmer's market. The area is conveniently located near Hirafuku Station.



You can even try on Japanese armor!

Recommended Spots

Information on
Hirafuku Post Town



Hirafuku Post Town is an area with temples, shrines, remains of old structures, stores, and other attractions measuring 1.2 kilometers from north to south. It is also dotted with restaurants. A building renovated from an old sake brewery contains a restaurant and teahouse, which both use carefully-selected local ingredients.



A high-quality restaurant that conveys the natural features of Sayo
KUMOTSUKI
The set meals, which use carefully-selected local ingredients such as Kobe beef and vegetables from local farms, are recommended.



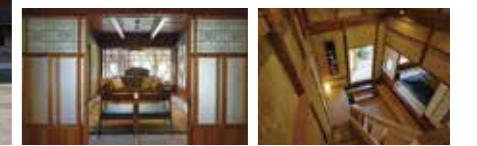
Cute Japanese sweets made with mochi rice and azuki beans produced in Sayo
JYUJIRO
Enjoy *ohagi* and *komochi* sweet rice balls made with rice, soybeans, and azuki beans harvested from Sayo's well-kept soil.



Rent a whole traditional house



Experience the local culture while savoring the history of the post town
NIPPONIA HIRAFUKU POST TOWN
The main building of this renovated sake brewery in Hirafuku is now available to rent. You can enjoy a comfortable stay in the modernly renovated space while savoring the historic atmosphere. Meals are served at the Kumotsuki restaurant across the street.



Revitalizing an entire community!
Nature, traditional houses, and design
glaminka SAYO
This creative accommodation facility revives an abandoned village at the end of a mountain road. The four buildings, which all have a wood-burning stove and sunken hearth, were each freely designed by a team of architects.



Accommodations in Sayo Town



Astronomical observations with one of the world's largest telescopes Nayuta telescope

The Nayuta telescope, one of the world's largest telescopes open to the public, is located at the Nishi-Harima Astronomical Observatory. Nighttime astronomical viewing events are held, and visitors can see with their own eyes a panorama of the universe that transcends time and space by 10 billion light-years. Accommodations are also available.



Nishi-Harima Astronomical Observatory