

Created in the imagination of Jomon

JOMON Well-Being Experience

okutsugaru @奥津軽

Kanagi Genki Mura
Old House かなぎ元気村 Stay Plan

The Jomon period is a Well-Being era!

Jomon was a time where no written language existed. Now we are in an era in which we can use scientific research to imagine and enjoy the worldviews they would have experienced then. Even with the people's daily lives being at the mercy of various natural phenomena, their smile-filled life can be imagined. Precisely because they have taken a positive view of "living together with love for nature," there may have been a Well-Being lifestyle that the modern world can use as a reference..



Jomon's Well-Being 4 points to the program.

Delusion 1

Living in the comfortable rhythm of nature

The Jomon were adept at using flames and enjoyed a creative and colorful lifestyle. The flame, which was at the center of their lives, led the Jomon to a well being. The rhythms of continuity and spontaneity had a calming effect on the mind. They were constantly in touch with the 1/f fluctuation in nature.

Delusion 2

Living in harmony with nature and in a regular rhythm

The Jomon people had a clear on and off routine, so their lives had a good balance of the autonomic nervous system. One of the German health-building therapies is called Kneipp therapy. People are born with natural healing power and enhance the immune system.

Delusion 3

Balanced diet and exercise

The Jomon did not live a life of idleness, but ran around in search of foodstuffs. Chestnuts, whose production has been confirmed at archaeological sites, are a representative source of energy for the Jomon. High in carbohydrates, vitamins B and C, and other nutritious ingredients, they were a staple food. Jomon earthenware decorated their dining tables, and they enjoyed a delicious lifestyle.

Delusion 4

Touching Aomori hiba

It is said that the ancestors of Aomori hiba were born about a million years ago. The Jomon period may have been a virgin forest of "Aomori hiba". Aomori hiba's four benefits include "antibacterial effect," "tranquilizing effect," "sterilizing effect," and "deodorizing effect." These effects may have been a major factor in fostering the Jomon Well-Being.



What is Jomon?

On July 27, 2021 (Reiwa 3), the Jomon ruins in Hokkaido and northern Tohoku were registered as one of the World Cultural Heritage Sites. Its value has been recognized due to its abundant nature filled with a variety of blessings that have been maintained and passed down for over 10,000 years through the people's gathering, fishing, and hunting lifestyle. Not only were the lifestyles of the settlers demonstrated here, the spiritual side of their culture was also depicted and contributed to their values being recognized. Jomon pottery excavated from the Omori Shell Midden in Tokyo was discovered to have had rope designs pressed into it giving it the name Jomon (Jo meaning rope) style pottery. This was the origin of the name "Jomon".



What is Kaneki Genki Mura?

Kanagi Genkimura is an old folk house built over 150 years ago. Its thatched roof is one of the few left in Japan. This old-fashioned original house is becoming increasingly popular as a lodging facility where you can experience the lifestyle and culture of the Tsugaru region, and is also a base facility for great tourism centered on the Oku-Tsugaru Trail and mountain bike adventure rides. In terms of lifestyle and culture, we place particular emphasis on "food culture," and actively provide healthy eating habits using natural ingredients from the mountains and sea, as well as vegetables and fruits grown without pesticides.



What is the Sobagima family, the owners of an old private house?

The Sobagima family has been in charge of the Tsugaru domain's academic institute for generations since the Edo period, and is a family that has served the domain with both literary and military skills. Through marriage, he became close to the Tsushima family, the large landowners of Kanagi. The Sobagima family supported the Tsushima family's economic and political foundations. As an educator, he was the first to recognize the literary talent of Shuji Tsushima (Japan's representative in literature creations, Osamu Dazai), the son of the Tsushima family, and was an invaluable source of spiritual support for Dazai from his childhood to his later years.



Access

Address

39-2 Makita Kuwamoto, Kaneki-cho, Goshogawara-shi, Aomori

Approximately 30 minutes on foot from Kanagi Station on the Tsugaru Railway. Since there is no local bus service, we recommend the use of a cab (8 minutes).

80 minutes by car (rental car) from Aomori Airport or Shinkansen Shin-Aomori Station...

Kanagi Genki Mura

GOSHOGAWARA

TSUGARU



Scan the QR code to hear an audio guide

It will be played in the language according to the language setting of the smartphone.



Contact

Inquiries about accommodations

General Incorporated Association Kanagi Genki Mura

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Mobile: 080-3324-8792

Email: ito@kanagi-genkimura.org

Inquiries about Travel

Blue Morris Co. Ltd, 4 Ride

Telephone: 017-718-8557

Mail: northwind.4ride@gmail.com

(reception time 9:00 ~ 18:00) / [Aomori Prefecture Governor Registered Travel Agency No 2-158

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We offer seasonal programs combined with various Jomon contents!



JOMON Contents 1



Jomon Pit-Style Dwelling Setup Program

Jomon pit dwellings were dug into the ground in a circular or square shape, and multiple pillars were erected in the pit, joined together with beams and rafters to form the framework of a house, which was then roofed with earth, reeds, or other plants. It is believed that the Jomon people lived in pit dwellings, which had a furnace and a fire. Kanagi Genki Mura offers a program to build a Jomon pit dwelling using the panel construction method. A program that creates a sense of togetherness



JOMON Contents 2

Jomon Forest Bathing Walk

Walk through the Aomori hiba forest while gathering wild vegetables, mountain fruits and mushrooms. Visitors will have a pleasant time while taking a bath in the forest.



JOMON Contents 3

Jomon Forest Bathing Ride

We will go to Aomori Hiba Forest by mountain bike. Electric bicycles can also be provided. We will also ride on snow in winter and enjoy the clear winter air and cool air.



JOMON Special Contents

Jomon style cooking experience

We invited Sachiko Seo, a cooking researcher who has won the Recipe Award twice and is knowledgeable about Jomon culture, to develop Jomon recipes. With the advent of clay pottery, Ms. Seo recreated the cuisine of the Jomon period after the cooking method moved from direct fire to pot boiling. Experience Jomon cuisine using ingredients and cooking methods inherited from the Jomon period. We expand our imagination and embody Jomon style with dishes such as Shio Jiru (soup) made with seafood including smoked salmon and scallops, hot pot with mushrooms collected in the mountain, and mountain fruit sauce.



Oku Tsugaru Jomon style overnight plan

2 days and 1 night (Spring · Autumn)

We will first renovate the holes created in the roofs of the Jomon pit-style dwellings using straw. Then we will ride our mountain bikes into the Aomori Hiba Forest (that has been around since the Jomon Period), then harvest mountain produce, gather around a bonfire, and cook with ingredients used in the Jomon period. Two days of actually having fun and experiencing Jomon style. Imagine a life of harmony with nature in the Jomon period, experience a lifestyle & adventure where you can feel the sunlight filtering through the forest leaves and cool water. Jomon seasonal cuisines are prepared under the supervision of the aforementioned Ms. Seo. The fresh greenery and the autumn leaves are beautiful.

Plan Price (per person) : Adult (20 years and over) ¥55,000

Minimum number of participants : 2 people
 What's included : · Jomon pit-style dwelling renovation experience fee · Jomon Shinrin-Yoku (fresh greenery) ride experience fee · Jomon cooking experience · accommodation fee · insurance fee · one breakfast meal · 2 lunch meals · 1 dinner meal



First day

at 9:00 am meet at Kanagi Genki-mura. Orientation ~ 9:30am Genki-mura (bike) ~ Jomon Shinrin-Yoku (fresh greenery) ride (bike) ~ rural scenery ~ Oku Tsugaru Trail, Osamu Dazai Yurkari no Chi with course Forest Road (bike) (Shinrin Tetsudo (railway) remains ~ Fuji no taki ~ Yu no Sawa * Along the way, we harvest the bounty of the mountains.) ~ Jomon bento in Yu no Sawa ~ rural scenery ~ Ashino Park Station ~ Shopping at Nakaya Supermarket ~ 1600 Kanagi Genki-mura (commemorative photo) ~ then Jomon Ryuri no Yube (cuisine) experience ~ stay (please also enjoy BAR Jomon)

Second day

breakfast ~ 9:00am orientation ~ Jomon pit-style dwelling renovations (includes stuffing straw into the gaps created in the roofs) experience ~ 12:00 Jomon bento ~ Jomon pit-style dwelling prep (renovation experience as mentioned above) x Agricultural products harvest experience (schedule) ~ 14:30 Take a commemorative photo wearing Jomon clothes ~ end.

Oku Tsugaru Jomon style overnight plan

2 days and 1 night (Winter)

During the Jomon period, Oku Tsugaru is said to have been warmer than it is today, but there still must have been cold winter days. Walking through the Aomori Hiba forest which has been around since the Jomon period, experience the beauty and charm that can only be experienced in the harsh winter by walking through the thick snow in traditional snowshoes. Sit around a bonfire, and enjoy the cooking that uses ingredients known from the Jomon period. Using the previously mentioned activities, enjoy the 2 day experience of Jomon. Imagining the harsh winters during the Jomon period, we have prepared an experience that can only be enjoyed due to these hard conditions. With a replication of their lifestyle and adventures, we offer you the joyous moments of the Jomon period. Meals will be served with seasonal winter cuisine inspired by the Jomon period, supervised by Ms. Sachiko Seo

Plan Price (per person) : Adult (20 years and over) ¥55,000

Minimum number of participants : 2 people
 What's included : · Jomon Winter Wonderland stroll fee · become encapsulate by light wisps of Jomon snow · Jomon Ryori experience (cuisine) · accommodation fee · insurance fee · 1 breakfast meal · 2 lunch meals · 1 dinner meal



First day

9:00 am Meet at Kanagi Genki-mura. Orientation ~ 9:30am Genki-mura (bike) ~ Jomon winter forest snowshoe experience (on foot) ~ oku Tsugaru Trail Kamiki Junihon Yase Course ~ Jomon bento at Junihon Yasu ~ Junihon Yasu Forest Road exit (train) ~ 1600 Kanagi Genki-mura (commemorative photo) ~ then Jomon Ryuri no Yube (cuisine) experience ~ stay (please also enjoy BAR Jomon)

Second day

breakfast ~ 9:00am orientation (bike) become encapsulate by light wisps of Jomon snow ~ 12:00 Jomon lunch (Shayokan Yonekura) ~ winter agricultural processing activities experience (schedule) ~ 14:30 take a commemorative photo wearing Jomon clothes ~ end