

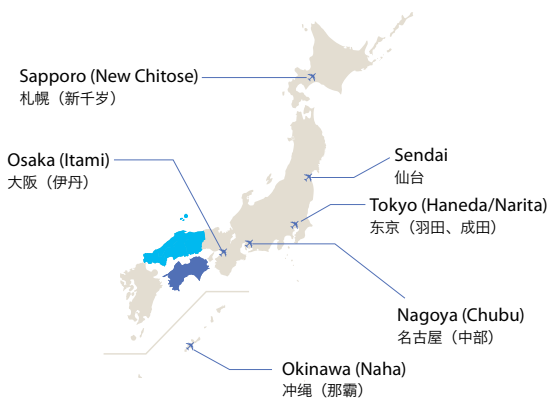


- Explore the regions -



Tastes of Japan by ANA has won the award for Tourism Business (Field of Domestic and Inbound Travel) from Tourism EXPO Japan 2016, supported by Japan Tourism Agency and others.

Tastes of Japan by ANA 荣获由日本观光厅等单位主办的2016年日本旅游博览会旅游业部门（国内·访日领域）大奖。



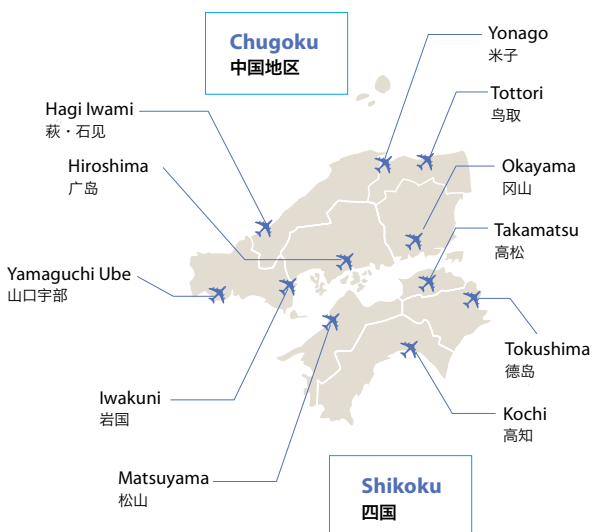
- 1 Tottori Sand Dunes, © Tottori Prefecture
鸟取沙丘 © 鸟取县
- 2 Saidai-ji Eyo festival, Okayama Pref.
冈山县西大寺会阳节
- 3 Matsue Castle, Shimane Pref.
岛根县松江城
- 4 Itsukushima Shrine, photo courtesy of Hiroshima Pref.
广岛神社 (图片由广岛县提供)
- 5 Blowfish (*fugu*) sashimi, Yamaguchi Pref.
山口县河豚生鱼片

Get to Know Chugoku and Shikoku

中国地区及四国之旅

Located in western Japan, the region of Chugoku and Shikoku Island are surrounded by the Sea of Japan, Pacific Ocean, and Seto Inland Sea. Chugoku has three World Heritage sites, and Shikoku is known for its pilgrimage to 88 Buddhist temples and power spots with healing powers. Both have unique and interesting foods and tourist sites.

中国地区和四国岛位于日本西部，周围被日本海、太平洋和濑户内海环绕。中国地区包括三座世界遗产，四国则以“八十八所灵场朝圣”和多个具有治愈效果的开运景点闻名。两地都有许多有趣而独特的美食和名胜。





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4 5



Chugoku: A Place of History and Culture

Climate

Within the five prefectures of Chugoku, areas facing the Inland Sea are characteristically warm and have less precipitation than the region facing the Sea of Japan, which sees a lot of snowfall in winter.

World Heritage Sites

- Atomic Bomb Dome (Hiroshima Pref.): This memorial, visited by former U.S. President Obama and other dignitaries, enables future generations to know of the horrible pain of war.
- Itsukushima Shrine (Hiroshima Pref.): Shrine complex and famous *torii* gate seem to float on the water, giving this 1,400-year-old shrine an ethereal and majestic ambience.
- Iwami Ginzan Silver Mine (Shimane Pref.): Japan's largest historic silver mine from the 16th to 19th century takes you back to the Edo period (1603–1868).

Delightful Nature

The beautiful Tottori Sand Dunes; Akiyoshidai, plateau with the highest concentration of karst formations in Japan; and Ushimado, known as Japan's Aegean Sea, are among the many breathtaking natural sights that can only be seen in the Chugoku region.

中国地区：历史与文化之乡

气候

中国地区五县之中，面向濑户内海的地区气候温暖，降雨较少，面向日本海的地区降雨则较多，冬季有大雪。

世界遗产

- 原子弹爆炸遗址（广岛县）：美国前总统奥巴马与官员们曾经访问过这座纪念馆。它默默地告诉未来的人们，记取战争的伤痛。
- 严岛神社（广岛县）：神社建筑和驰名天下的鸟居仿佛浮于海面之上，这座神社已有1400年的历史，气势磅礴，但又似飘渺仙境。
- 石见银山（岛根县）：16-19世纪的日本史上最大的银矿，让人重回江户时代（1603 - 1868）。

缤纷自然

美丽的鸟取沙丘；秋吉台平原是日本最大的喀斯特地貌；牛窗被誉为日本爱琴海。中国地区有许多独一无二的自然景观，让人叹为观止。

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3 4



1 Bukkake-udon, served cold, Kagawa Pref.
香川县盖浇乌冬凉面

3 Awa Dance Festival, Tokushima Pref.
德岛县阿波舞节

2 Dogo Hot Spring, Ehime Pref.
爱媛县道后温泉

4 Ryoma Sakamoto statue, Kochi Pref., © Kochi Visitors & Convention Association
高知县坂本龙马像 © 高知县观光会议协会

Shikoku: Warm and Inviting Island

Climate

The four prefectures of the big island of Shikoku enjoy a warm climate as well as mild winters, with less precipitation on the Inland Sea side compared to the rainy area facing the Pacific Ocean.

Pilgrimage

The Shikoku Pilgrimage involves visiting or worshipping at 88 temples associated with the Buddhist monk Kukai. The route, at a maximum distance of 1,400 kilometers, is undertaken for reasons of health, good luck, marriage, and more. Visitors attracted to this spiritual experience come far and wide, from across Japan as well as the world.

Food

In addition to renowned local specialties like *katsuo no tataki* (seared bonito) are delectable Sanuki *udon* noodles, many citrus varieties, and tasty delights of *B-kyu Gurume* (B-rank cuisine), all found only in Shikoku.

四国：温暖的魅力之岛

气候

巨大岛屿四国由四个县构成，气候温暖，冬季怡人。太平洋沿岸多雨，濑户内海地区降水则较少。

朝圣

“四国遍路”包括参拜、游览这里与高僧空海相关的 88 座寺院。参拜路线最长可达 1400 公里，人们带着祈求健康、幸运、良缘等各种美好的愿望来此巡游。这种纯粹的心灵体验吸引着国内外的宾客远道而来。

美食

除了知名的当地美食炙烤生鳗鱼之外，四国独有的赞岐乌冬面、柑橘类水果和风味小吃也是不二之选。

Seasonal Events and Attractions

Spring: Hiroshima Flower Festival (Hiroshima Pref., May); Kotohira Shrine Cherry Blossom Festival (Kagawa Pref., Apr.)

Summer: Tokushima Awa Dance Festival (Tokushima Pref., Aug.); Yosakoi Festival (Kochi Pref., Aug.)

Autumn: Setouchi Shimanami Kaido International Cycling Event, Cycling Shimanami 2018 (Ehime Pref. and Hiroshima Pref., Oct.); Yamaguchi Yume Flower Expo (Yamaguchi Pref., Sep. 14–Nov. 4, 2018)

Winter: Tottori Sakyu Illusion (Tottori Pref., Dec.); Saidaiji Eyo Festival (Okayama Pref., Feb.); Matsue Castle Moat Horikawa Sightseeing Boat Tour, with heated floor tables (Shimane Pref., Nov.–Mar.)

季节活动

春季：广岛鲜花节（广岛县，5月）；金刀比罗宫樱花节（香川县，4月）

夏季：德岛阿波舞节（德岛县，8月）；夜来祭舞蹈节（高知县，8月）

秋季：濑户内岛波海道·国际自行车赛“岛波自行车赛2018”（爱媛县及广岛县，10月）；山口梦花博会（山口县，2018年9月14日—11月4日）

冬季：鸟取沙丘灯饰（鸟取县，12月）；西大寺会阳节（冈山县，2月）；冬季松江城护城河巡游“被炉船”（岛根县，11月—3月）

Convenient Access

Getting to Chugoku and Shikoku couldn't be easier, with 11 airports served by ANA and direct flights from seven cities around Japan. Flight time from Tokyo, for example, averages 1.5 hours.

便捷交通

前往并环游中国地区和四国相当便捷，11座机场有ANA航班，从日本各地7个城市皆可直达。从东京出发的航班平均只需1个半小时。

Looking Ahead

Next month's theme of "Sightseeing" for Sep. 2018 features Iwakuni's Kintai, an arched bridge in Chugoku's Yamaguchi Pref., and Vine Bridges in the Iya Valley in Shikoku's Tokushima Pref.

下期预告

2018年9月主题为“观光”，介绍中国地区山口县岩国市的拱桥“锦带桥”及四国德岛县祖谷峡的藤索吊桥“葛桥”。

Travel More for Less in Japan

日本国内线特惠票价



Routes & Fares (until October 27, 2018 boarding)

Sapporo to Wakkanai, Memanbetsu, Nemuro-Nakashibetsu, Kushiro, Hakodate, Aomori, Akita, Sendai, Niigata, and Fukushima	¥5,400 (US\$49 / CNY325)
Tokyo to Odate-Noshiro, Akita, and Shonai	¥7,560 (US\$68 / CNY454)
Osaka to Aomori, Akita, Sendai, Fukushima, and Niigata	¥10,800 (US\$98 / CNY649)
Fare for other routes	¥10,800 (US\$98 / CNY649)

Note: Conversion rates are ¥110.65 per US\$1 and ¥16.637 per CNY1 as of July 2, 2018, but may be subject to change.

Eligibility

- Maintaining residence outside Japan
- Holding a passport from another country or holding a Japanese passport with permanent residency outside of Japan
- Possessing international ticket to and from Japan

For more details, visit ANA Experience JAPAN Fare or ANA Worldwide sites!

航线及票价 (限2018年10月27日前搭乘)

札幌与稚内、女满别、根室中标津、钏路、函馆、青森、秋田、仙台、新泻、福岛之间的往返航班	5400日元 (49美元/325元人民币)
东京与大馆能代、秋田、庄内之间的往返航班	7560日元 (68美元/454元人民币)
大阪与青森、秋田、仙台、福岛、新泻之间的往返航班	10800日元 (98美元/649元人民币)
其他日本国内航线	10800日元 (98美元/649元人民币)

注意事项：参考汇率：1美元=110.65日元；1人民币=16.637日元。参考汇率截止于2018年7月2日。票价会随汇率变动。

适用条件

- 日本境外居民
- 持外国护照或持日本护照但拥有其它国家永久居留权者
- 持有前往日本或从日本出发的国际线机票

更多详情请访问ANA Experience JAPAN Fare或ANA Worldwide网站。