

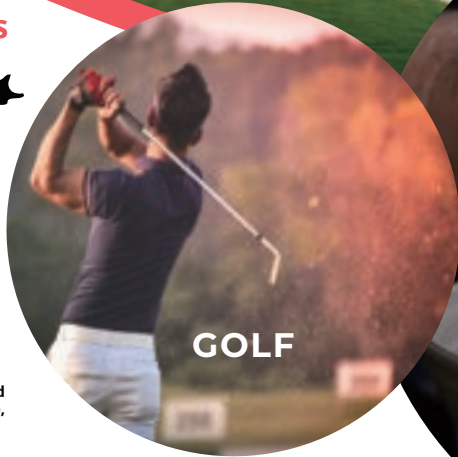
# GOLF + MINDFULNESS

11  
\* PREMIER  
COURSES

## Find Us



Shigaraki is conveniently located within 1.5 hours of Osaka, Kyoto, and Nagoya.



GOLF



MINDFULNESS



DISCOVERY

## Challenging Golf

Shigaraki's golf courses are a far cry from flat, predictable landscapes, each meticulously designed course is a masterpiece, woven through rolling hills and valleys, offering breathtaking vistas with every swing. Whether you're a seasoned golfer seeking a strategic challenge or a beginner yearning to experience the thrill of the game for the first time, Shigaraki has a course perfectly suited to your skill level. Savor the exhilaration of the game and prolong your stay to enjoy the culture!

## Mindfulness Through Pottery

Mindfulness is increasingly sought after, pottery has emerged as a global phenomenon, offering individuals a pathway to inner balance, presence, and healing. The transition from the laser focus required for the perfect golf swing to the embrace of imperfection found in Shigaraki pottery is a profound journey toward mindfulness. As the pottery wheel spins and your hands start to form the clay, a different kind of focus takes hold. It's not the relentless pursuit of a flawless performance, but rather a quiet attentiveness to the present moment. Focus changes from the end result to the process of creation itself. Touching the clay grounds you, releases stress and refreshes the mind.

## Discover Shigaraki

Discover Shigaraki's historic centre. Explore galleries filled with exquisite Shigaraki ware, whispering stories of generations. Meet the artisans, hands stained with clay, eyes reflecting knowledge. Unwind with pottery, mirroring your focus on the green. Shigaraki offers more than birdies. Wander charming workshops lining narrow streets. Unwind with pottery, experience wellness, art, and history and embark on Shigaraki journey of self-discovery.

Discover  
**信楽**  
SHIGARAKI  
JAPAN



## Shigaraki Tourism Association

<https://www.e-shigaraki.org> Mail [info@e-shigaraki.org](mailto:info@e-shigaraki.org)



# SHIGARAKI JAPAN - YOUR ULTIMATE WELLNESS ESCAPE

## 2 Day - Shigaraki Golf and Mindfulness

### DAY 1

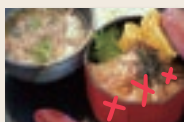
AM Golf (2 hours)



Stay Fit and Healthy!



Lunch - Enjoy Authentic Japanese Food

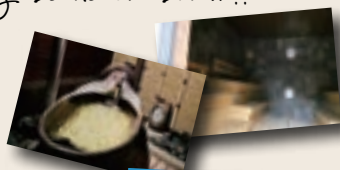


PM Golf (2 Hours)

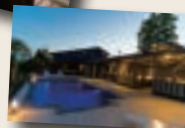


STAY in SHIGARAKI

Enjoy Soak in Onsen or Rejuvenating Sauna or Swim!!



Dinner - Must try Omi Beef



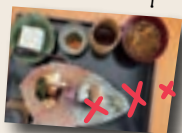
### Day 2

AM Pottery Experience

Strengthen your mind and wellbeing



Enjoy Organically Grown "Healthy" Lunch served on Shigaraki Pottery



PM Explore Galleries and Workshops

Tea-time - Cafe for Cake & Asamiya Tea!!!

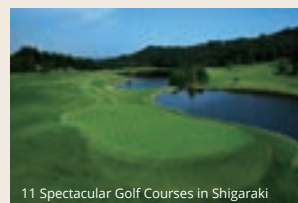


### GOLF COURSES

Tee off at a Shigaraki golf course and immerse yourself in the joy of golf amidst lush greenery and serene mountains.

- Asamiya Golf Course
- Daily Shigaraki Country Club \*
- Koga Country Club
- Maple Hills Golf Club
- Orange Shiga Country Club
- Rose Golf Course
- Shiga Country Club
- Shigaraki Country Club Sugiyama Course
- Shigaraki Country Club Tashiro Course
- Tarao Country Club \*
- The Country Club \*

\* Indicates members only courses



11 Spectacular Golf Courses in Shigaraki

### POTTERY ACTIVITIES

A variety of different facilities and Artisans in Shigaraki offer pottery lessons.

- Bunpuku Co., Ltd. - Tonchin-kan
- Challenge
- Kabushiki Gaisha Maruta Touki
- Maruigama
- Marutaka Touki
- Marutoku Touki -Tokusai Toubo
- Miharugama
- Minorugama
- Ogama
- Ogawa Kenzo Toubo
- Oogoya
- Okuda Eizan Gama
- Sawazen
- Shigaraki Touen Tanuki Mura
- Shigaraki Tougei Mura
- Soutouen
- Daiki no Utsuwa

\*Golf Courses and Activity Providers Listed in Alphabetical Order

\*man playing golf on cover - freepik image

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#ShigarakiPottery/



Ponpoko

# Shigaraki Tourism Association

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