

## Non-Stop Three-Spice Soba

It is said that soba was first introduced during the Nara period, when En-no-Ozunu, founder of Japan's mountain asceticism movement, taught the people of Ina about buckwheat seed. From there it spread all throughout Shinshu, and Ina has since been known as "The Birthplace of Shinshu Soba." Here you can enjoy soba with spicy karatsuyu sauce, a mix of grated daikon radish, grilled miso and spring onion. During 5 weeks in October and November, various places throughout Ina offer samples of fresh soba, soba-making experiences and more.



Date	10/16, 10/22-23, 10/29-30, 10/29-11/6, 11/12
Location	10/16 (Sun.) Arai district Kaya Sports Park 10/22-23 (Sat., Sun.) Miharashi Farm 10/29-30 (Sat., Sun.) Takato Castle Ruins Park 10/29-11/6 (Sat. to Sun.) Takato Castle Ruins Park: Takato palace 11/12 (Sat.) Ina Ski Resort "Kinoko Oukoku"
Cost	Not set
Contact Info	Birthplace of Shinshu Soba, Ina, Soba Promotions Club (part of the Ina city Tourism Association) 0265-78-4111
Website	<a href="http://inashi-kankoukyoukai.jp">http://inashi-kankoukyoukai.jp</a>
Access	Car: about 40 minutes from the Chuo Highway Ina IC exit Train, Bus: From JR Ina Station, approx. 30 minutes by taxi or bus