

岡山完美一天遊

A perfect day in

OKAYAMA

With plenty of natural beauty, cultural highlights and delicious produce, this little-known corner of Japan is the epitome of rural charm. Hire a car and explore Okayama's abundant picturesque sights

這個較少人知的日本一隅，饒富自然美景、文化亮點和滋味農產品，是鄉郊魅力的典範。岡山的名勝景點散佈甚廣，最佳的遊覽形式乃是租車自駕



7 AM

Grab a light breakfast to go and head to Okayama's famous **Kōraku-en** gardens for a serene start your day. Declared one of Japan's Three Great Gardens, this 300-year-old park was built as a site of entertainment for the ruling feudal family and to receive guests. Today, it still delivers gorgeous views at every turn with its ponds, streams and huge lawns, making it the perfect spot for an early-morning stroll.

吃個簡便早餐後，出發前往岡山著名的後樂園，以寧靜的格調開展一天旅程。這個擁有300年歷史的庭園獲譽為日本三大名園之一，築有優美的池塘、溪流和遼闊草坪，無論從任何角度，都能欣賞到如畫景致，是早晨漫步的完美之地。

1-5 Korakuen, Kita, Okayama
okayama-korakuen.jp



10 AM

Still peckish? Turn your mid-morning snack into a DIY affair with a visit to **Nishiyama Farm**. This two-hectare smallholding is nestled in the Akaiwa mountains, and offers the opportunity to sample Okayama's famously sweet peaches, strawberries and blueberries, just as nature intended. Reservations are required, so be sure to call or email ahead of your visit.

仍然覺得有點肚餓？不如前往西山農場，自己動手採摘一些鮮果品嚐。這個佔地兩公頃的小農場位於赤磐市山區，訪客有機會品嚐到岡山最著名的大自然恩賜——清香鮮甜的白桃、藍莓和土多啤梨。這裡採取預約制，來訪前必須致電或透過電郵預約。

1077 Niborihigashi, Akaiwa
nishiyamafarm.com



12 PM

The scenic town of Katsuyama is famous for striking *noren* (traditional decorative shop curtains), hand-painted by a local mother-and-daughter artisan team and adorning the doorways of over 100 of its charming Edo-period *kura* shophouses. See how many you can spot before heading to **Nyosuian** restaurant for a steaming bowl of delicious udon noodles to fuel the rest of your afternoon.

風光秀麗的小鎮勝山以漂亮矚目的「暖簾」（傳統店舖門前的裝飾用布簾）聞名，由當地一對母女工匠精心染製，點綴了過百間別具江戶時代風情的店屋門面。看看你能數出多少幅暖簾，然後前往麵店如水庵享用一碗熱氣騰騰的美味烏冬。

266-1 Katsuyama, Maniwa



1 PM

Lace up your walking shoes for a 20-minute hike up the **Bitchu Matsuyama Castle**, perched some 430 metres above sea level atop Mount Gagyū. This castle – the oldest surviving one in Japan – dates back to the 13th century. While it is no longer in use as a strategic vantage point, its lofty setting makes this one of the prettiest military monuments you'll ever visit.

換上一雙舒適的鞋子，準備登上備中松山城。這座城池建於海拔430米高的臥牛山山頂，其歷史可追溯至13世紀。儘管這裡不再用作戰事要塞，但其高聳入雲的地理位置，依然令它成為景色最令人歎為觀止的軍事古蹟之一。

1 Uchisange, Takahashi

ENJOY A SPOT OF QUIET CONTEMPLATION AT RAIKYŪ-JI TEMPLE

於賴久寺靜心細賞
日式庭園之美



4 PM

Find your Zen at the **Raikyū-ji** temple, an ancient place of worship, meticulously landscaped to enhance spiritual peace and harmony. While nobody is entirely sure how long the temple has existed, its current structure dates back to the early 16th century, and it remains a working shrine of the Eigen-ji branch of Zen Buddhism to the present day.

到訪賴久寺發掘禪趣。這座建於古時的寺院擁有精心設計的庭園，身處其中，能提升靈性上的平靜與和諧。雖然賴久寺的起源已無從稽考，但從建築結構推斷，其歷史應可追溯至16世紀初葉，而這裡至今仍是臨濟宗永源寺派其中一個運作中的寺院。

18 Raikyūji-cho, Takahashi
raikyūji.com

8 PM

While the **Bisei Astronomical Observatory** opens to the public every morning, it is best visited under Okayama's crystal-clear night skies. Guided by one of the observatory's expert astronomers, visitors can enjoy some serious stargazing using a powerful 101cm telescope that offers an unparalleled glimpse into the great beyond.

美星天文台每天早上均開放予公眾參觀，不過最佳的到訪時間卻是在晚上，可以同時欣賞岡山清澈寧靜的星空。天文台提供由專業天文學家帶領的導賞團，參加者更可透過101厘米口徑的巨型望遠鏡，一窺宇宙深處。

1716-3 Okura, Bisei-cho, Ibara
spaceguard.or.jp/BSGC

10 PM

Head back to Yakage and the **Yakage-ya Inn and Suites**, a traditional Edo-period townhouse-turned-guesthouse, lovingly restored to its original glory by the current owner. Choose from either Western, or traditional tatami mat bedding, and soak in the calcium-rich waters of the onsen before you turn in – it's the perfect way to end a day of exploring.

回到矢掛町，下榻由江戶時代古民家改建而成的矢掛屋。這裡得到現有旅館主人悉心修復，重拾昔日風情。住宿方面，備有西式睡床或傳統日式榻榻米床墊可供選擇。回房休息前，別錯過享用旅館的湯屋，泡浸富含鈣質的溫泉，為一天的行程完美作結。

3050-1 Yakage, Yakage-cho
Oda-gun, yakageya.com



TIME TO SPARE?

For a hint of France in the heart of Japan, head to Hiruzen Herb Garden, situated in Okayama Prefecture's rugged Hiruzen Highland region. The draw here is the garden's fragrant crop of over 10,000 lavender flowers that burst into bloom, Provençal style, during the summer, swathing the surrounding hillside in delicate mauve, while casting a lingering scent far and wide.

分秒皆充實

想於日本中部感受一絲法國氣息，可到訪蒜山香草園。這個佔地三公頃的香草園位處岡山縣高聳的蒜山高原，種植了200多種香草，其中一些製成了香草茶，可於園內充滿田園氣息的咖啡館品嚐得到。不過，這裡的真正魅力，在於每年夏季皆會有過萬株芬芳的薰衣草綻放——山坡上放眼盡是淡紫色的花田，飄散著令人難忘的浪漫花香，讓遊人猶如置身普羅旺斯。

1480-64
Hiruzennisi
kayabe,
Maniwa City

Hong Kong Airlines flies to Okayama twice weekly. For more information, visit hongkongairlines.com

香港航空每週設有兩班航次來回香港與岡山。查閱更多訊息，請瀏覽 hongkongairlines.com