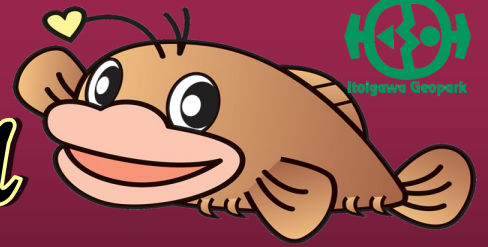


Ride the Oito Line to

# The Itoigawa Monkfish Festival



Tsuruishigiri (Monkfish Cleaning)

It tastes better than it looks... We promise!

...and more!

## Itoigawa Sta. 1/21 10 am ~2 pm

In Downtown Itoigawa

- 10:00 a.m. - Monkfish Stew (¥500)  
**Limit 1000 bowls**
  - 10:30 and 11:30 a.m. - Tsuruishigiri Demo.
  - 1:00 p.m. - Lottery Raffle
- In front of Itoigawa Station  
5 min. drive from Itoigawa IC

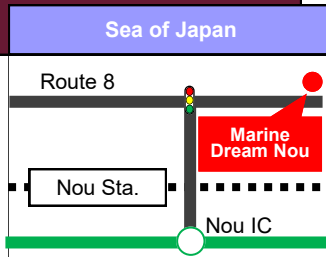
Supplies Limited!



## Nou Station 1/28 10 am ~2 pm

At Marine Dream Nou

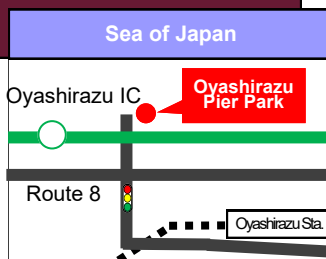
- 10:00 a.m. - Monkfish Stew (¥500)  
**Limit 1000 bowls**
  - 11:30 a.m. - Monkfish Weight Guessing
  - 12:30 p.m. - Tsuruishigiri Demonstration
- 20 min. walk from Nou Station  
5 min. drive from Nou IC



## Oyashirazu Sta. 2/4 10 am ~2 pm

At Oyashirazu Pier Park

- 10:00 a.m. - Monkfish Stew (¥500)  
**Limit 500 bowls**
  - 11:00 a.m. & 12:30 a.m. Tsuruishigiri Demonstration
- 10 min. walk from Oyashirazu Station  
2 min. drive from Oyashirazu IC



# Itoigawa Monkfish Festival

## Born in the Stormy Sea of Japan

Winter brings stormy weather and raging waves to the Sea of Japan. The monkfish of Itoigawa live in this stormy sea, growing to enormous sizes.

Let's be honest, monkfish are not beautiful creatures. A variety of anglerfish, their nearly formless appearance and large, gaping mouths make them hardly appetizing to see, but an explosion of flavor awaits the food adventurer willing to take the monkfish challenge!

## Foie Gras of the Sea

Monkfish, called *ankō* in Japanese, is rightfully considered one of the most delicious fish in the sea. Its delicate white flesh is considered similar to *fugu* (pufferfish), but unlike *fugu*, you can eat almost all of the monkfish! Meat, cheeks, skin, stomach, roe, fins and liver, these are the 7 *dōgu*, or usable parts—almost nothing goes to waste. The liver, called *ankimo* in Japanese, is prized by gourmets for its rich flavor and buttery texture, earning it the name “foie gras of the sea.”



## Getting to the Festival

### By Train (Ōito Line)

#### To Itoigawa

Hakuba Station	Minami Otari	Itoigawa Station
6:56	7:15 → 7:39	8:35
8:00	8:19 → 10:04	10:59
11:08	11:57 → 12:00	12:56

#### To Minami-Otari & Hakuba

Itoigawa Station	Minami Otari	Hakuba Station
15:14	16:17 → 16:20	16:38
16:49	17:52 → 17:55	18:13
20:11	21:13 → 21:28	21:44

### Shuttle from Itoigawa

#### to Nou

Go	Return
9:00	9:30
11:30	12:00
15:15	15:45

#### to Oyashirazu

Go	Return
10:00	10:30
12:30	13:00
14:15	14:45

Can't make it to the festival? There's still tons of great seafood to enjoy in Nou & Oyashirazu!



For more information, email us at [geopark@city.itoigawa.lg.jp](mailto:geopark@city.itoigawa.lg.jp)