



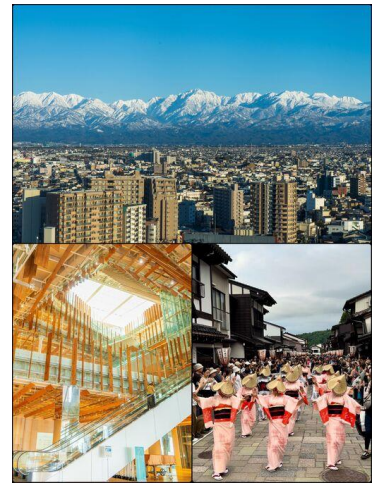
April 2025

Why was Toyama chosen?

**Toyama City was named one of the "52 Places to visit in 2025"
by the New York Times.**

The main reason is that Toyama City offers cultural excitement and delicious cuisine without crowds of tourists. Since Toyama was featured in the New York Times, the number of tourists is expected to increase this year.

What do you think about Toyama becoming more famous as a tourist spot?



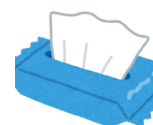
~Spring is the season of pollen allergy !~



Many people suffer from pollen allergies in spring. From February to May, a lot of pollen from cedar trees floats around in the air. It causes sneezing and eye itching, so people wear masks. In the past, Japan planted many cedar trees to obtain lumber. Then, due to air pollution and other factors, more people got pollen allergies.

If you think you might have allergies, go to a hospital for treatment guidance.

When you come home from outside, shake pollen off your clothes before entering your house. Soft, moisturizing paper wipes are good for wiping your nose and eyes.



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How about cycling ?



Why not go cycling while looking around Toyama Bay, which is approved as one of the most beautiful bays in the world ?. The Toyama Bay cycling course was also designated as a *National cycle route* in May 2021. The Toyama Bay cycling course is a pleasant course with a beautiful view of the coastline and the majestic Tateyama mountain range. The course is flat and easy for beginners to ride, and there are plenty of food and photography spots to enjoy. Not only road bikes and mountain bikes, but also city cycle riders can participate. In addition, there are rest areas and repair shops for broken bikes.



If you want to use public transportation within the course, you can carry your bike onto the train at some designated stations on the Ainokaze Toyama Railway, and Toyama Chiho Railway(extra fees are required)

On the other hand, there is the course from Toyama Bay Coast to the country side, which is a rather easy cycling course, at about 8km long and a 51m level difference, passing through Toyama station, Toyama Kito Kito Airport, the Prefectural Athletic Park and Fugan Canal Park.

Toyama Bayside Cycling 2025



The Toyama Bayside Cycling 2025 event is scheduled to be held on April 20. It starts from Kaioumaru Park, Imizu City.

There are courses ranging from 35km to 180 km, so if you are interested, give it a try!
(Participation is charged) Cycling is an aerobic exercise, just like walking.

It is a recommended exercise for people of all ages because it can be done for long periods and distances without too much strain on the body. It exercises the muscles around the waist, stimulates intestinal movement, and relieves constipation. It also strengthens the core by using the abdominal muscles to maintain balance

*Note : Always wear a helmet when riding a bicycle !Also, never ride while looking at your smartphone and/or after drinking alcohol
It's a traffic violation!!*

There are many festivals in spring.

Let's visit them!

- **Tonami Tulip Fair** (Tonami City)

April 22 (Tue.)~May 5 (Mon.) ②



- **All-Japan "Chindon" Traditional Street Perf**

Contest April 4 (Fri.) - 6(Sun.) (downtown)

- **Yatsuo Hikiyama (float) Festival** May 3 (Sat.)
(Yatsuo, Toyama City)



- **Iwase Hikiyama (float) Festival** May 17(Sat.)-18(Sun.) (Iwase)
- **San-no Matsuri (Hie Shrine Festival)** May 30(Fri.) - June 2(Mon.) (downtown)



とやまかんこうナビ
富山観光ナビ

Uniforms in Junior/Senior High Schools in Japan

In Japan, schools start in April, so you can see many students with their new school uniforms in spring.

Most junior and high school students in Japan go to school every day wearing their school uniforms. The typical junior high school uniforms for boys are “gakuran” and “zubon,” “sailor-fuku” and “skirt” for girls. In summer, boys wear a dress shirt, called “cutter shirt” in Japanese while girls wear a blouse.



<blazer> <blazer>
<skirt> <skirt>

In case of high schoolers, some schools choose blazers for their students, and boys wear “zubon” and girls wear “skirts” with their jackets.

Each school has different designs and colors for its uniforms, so when teenagers decide which high school to attend, they often choose the schools by their uniforms.

In recent years, as genderless uniforms have become accepted, some girls choose to wear “zubon.”

One set of a school uniform is about 30,000 to 50,000 yen. Most students are supposed to wear the same uniform for three years; however, when they become taller or fatter, they need to buy another set. Because of the high price, there are second-hand (reuse) shops which sell old school uniforms collected from graduates.

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