

Enjoy!

TAKE
FREE

MIYAZAKI

GUIDE BOOK



Welcome to Miyazaki.

Thank you for visiting Miyazaki.

Miyazaki is said to be the site of the Tenson Korin (descent of the heavenly grandson), where Ninigi-no-Mikoto, grandson of the sun goddess Amaterasu, descended. Emperor Jimmu, the first emperor, is said to have launched his eastern expedition from this land to later found the nation of Japan.

A tropical paradise lush with palm trees, hibiscus and jacaranda, with fertile soil and the sea...

... And delicious food nourished by Miyazaki's abundant sunshine.

Experience rural life in a mountain village where myths still linger, feel mysterious powers, and enjoy traditional performing arts that have endured for centuries.

Connect with people and be amazed by breathtaking scenery you've never seen before.

Each place brings something new to enrich your journey.

We hope your visit to Miyazaki is rich and enjoyable.

Information published here is valid as of March 2026, unless otherwise stated. Please check with specific businesses for the latest information and details. Advertised prices include tax and are expressed as the total amount to be paid, including consumption tax.

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Here's what you'll find in Miyazaki

What's MIYAZAKI Like?

Rural landscapes, traditions, and agricultural practices that still remain today.
Beautiful and nostalgic, pristine nature.
Preserving nature goes against the modern trends of convenience and efficiency.
But that choice is the pride of the future.
Traditions and nature – these are the legacies we should hand down to the next generation.
This important mission awaits you in Miyazaki Prefecture.



World Agricultural Heritage



Connecting traditional forestry and cultural heritage to the future in these picturesque forest towns.

World Heritage Agricultural Landscape of the Takachiho and Shiiba Mountain Region

The Takachiho-Shiiba Mountain region includes three towns and two villages: Takachiho Town, Gokase Town, Hinokage Town, Morotsuka Village, and Shiiba Village. Despite having very little flat land and being surrounded by

forests, this area has developed agricultural methods such as tea cultivation and shiitake mushroom farming using coniferous and deciduous trees since ancient times. Notable are the 'burned fields' in Shiiba Village and the 'mosaic forest' in Morotsuka Village, along with 1,800 hectares of terraced fields and a network of 500 kilometers of mountainside water channels. After evaluating the multiple functions performed by the forest system, it was designated as a Globally Important Agricultural Heritage Site in December 2015.

Photos: World Agricultural Heritage Site, Takachiho-Shiiba Mountain Region Promotion Committee



UNESCO Eco-Park

Sobo Mountain



Hinokage Town



Aya Town



Nichinan Kitago

Forest Therapy



Okuzure Mountain



Nichinan Kitago

Forests and water spring from the rugged peaks and valleys, their life force evergreen.

UNESCO Eco-Park (Aya, Sobo, Katamuki, Okuzure)

In Miyazaki Prefecture, the Aya area was designated in 2012 as one of Japan's largest evergreen broadleaf forests, a very precious natural ecosystem. The Sobo, Katamuki, and Okuzure areas were added to this designation in 2017. Here, you can experience the grandeur of nature through trekking and hiking.

Soothe your soul with the unnameable healing power of the forest.

Forest Therapy Base (Hinokage, Nichinan Kitago)

Experience the healing power of forests scientifically harnessed at established 'forest therapy bases' in Miyazaki Prefecture to promote your physical and mental well-being. Visit two designated areas in Hinokage Town and Nichinan Kitago where you can enjoy walking tours on scenic trails, overnight stays, and guided programs by certified forest therapists.

Recommended spots in Miyazaki

RECOMMEND MIYAZAKI 8

When visiting Miyazaki, don't miss these sights! Here are some top spots recommended by the locals.

1

Experience awe-inspiring scenery and fully immerse yourself in a Kagura performance.

Takachiho Town

Takachiho Gorge and Takachiho Kagura



A beautiful gorge with columnar junctions. Rent a boat and gaze up at waterfalls. See the nationally-recognized important intangible folk cultural asset "Takachiho no Yokagura" performed every night.



☎0982-73-1213

📠(company) Takachiho Tourism Association

📍Oshoi, Oaza Mitai, Takachiho Town, Nishiusuki District

[Boat Rental] 30 minutes from ¥4,100 to ¥5,100

(max 3 adults) ※Reservations required; please book at

least two days in advance online

[Takachiho Kagura] Viewing Fee: 1,000 yen

(free for elementary school students or younger)

※Reservations available. For details, visit the Takachiho

Town official website.

2

The entire scenic island is a Natural Monument!

Miyazaki City

Aoshima



With a circumference of about 1.5 kilometers, this small island is home to a nationally recognized natural monument known as the "Aoshima Subtropical Plant Community," containing, among other plants, betel palms (genus: *Areca*). Along its shores lie mysterious rock formations known as the "Devil's Washboard," and once you cross the walkway to the island, you will reach Aoshima Shrine.



☎0985-21-1791

📠Miyazaki City Tourism Strategy Department

📍Miyazaki City, Aoshima

3

Japanese horses graze peacefully in this idyllic pastoral landscape.

Kushima City

Cape Toi



A cape at the southernmost tip of the Nichinan Kaigan Quasi-National Park. The area is home to a unique breed of Japanese horse called 'Misakiuma' and is designated as a National Natural Monument. Here, you can watch the horses leisurely grazing. From April to May, when 'Harukoma' spring foals are born, you may even catch a glimpse of an adorable baby horse.

☎0987-72-0479

📍Kushima Tourism and Products Association

📍Kushima City, Ono, Opening hours / April to September: 7:30 – 18:00, October to March: 7:30 AM – 17:30 ※Lighthouse viewing hours are 9:00 – 16:30 (open until 17:00 on weekends and holidays from March to October)



4

A vast grassland home to rare plants.

Ebino City

Ebino Highlands



Experience a lush highland at 1,200 meters above sea level in the Kirishima Mountains. Visit hiking areas like Mount Karakunidake, a pond circuit nature tour route, and Mount Koshikidake year-round from late spring to early winter. These destinations are especially popular in summer as a cool place to escape the heat.

☎0984-33-3002

📍Natural Park Foundation Ebino Branch

📍Ebino City



5

A castle town from the Edo period brimming with historical charm, this community is filled with history and charm.

Nichinan City

Obi Castle Town



Obi Castle Town is known as the "little Kyoto of Kyushu", featuring Obi Castle with its stone walls and gates, samurai residences, and moats with many swimming koi fish. Local specialties like Obi tempura are popular, and visitors can enjoy experiences such as Shihan-Mato archery and kimono wearing.

☎0987-25-1905

📍Obi Castle Town Preservation Association

📍Nichinan City Obi ☺Experience Wearing Kimono Outfits from 10:00 to 15:00 (appointment only)

[Kimono Experience] 4,500 yen ※Includes kimono rental fee (3 hours), styling fee, "Ayumi-chan Map" ticket set ("Eat Your Way and Wander the Town"), and access to historical sites.



6

Resting place of the gods; Japan’s largest cluster of ancient tombs.

Saito City Saitobaru Burial Mounds / Saitobaru Archaeological Museum



Dotted across vast plains of around 2.6 km from east to west and 4.2 km from north to south are more than 300 ancient tombs, the Saitobaru Burial Mounds. Renowned as a national park, cherry blossoms and rapeseed flowers bloom in spring, sunflowers in summer, and cosmos in autumn. Meanwhile, the nearby “Saitobaru Archaeological Museum” offers insights into ancient Miyazaki.

☎0983-41-1557 📍Saito City Tourism Association
📍Free Viewing; Saitobaru, Oaza, Miyake Saito City [Saitobaru Archaeological Museum] 9:30 to 17:30
※For details, please check the official website.



7

Stunning panorama of Moai statues against the blue sea and sky.

Nichinan City Sun Messe Nichinan



The seven Moai statues lining the hilltop of Nichinan Kaigan are the symbol of Sun Messe Nichinan. Officially approved by Easter Island, these replicas are precisely reconstructed from the originals. From the vast grounds, visitors can also enjoy panoramic views of the majestic Pacific Ocean.

☎0987-29-1900
📍2650 Miyaura, Nichinan City 🗓Wednesday
※Hours may vary during New Years, Golden Week,



8

Not just a place to stay. Come eat, soak, and play at this all-inclusive resort.

Miyazaki City Phoenix Sea Gaia Resort



This resort area provides hotels such as the “Phoenix Sea Gaia Ocean Tower,” restaurants serving Japanese, Western, Italian, and teppanyaki cuisine, the “Shosenkyu” onsen nestled in lush pine forests, and various leisure areas.

☎0985-21-1113
📍Hamayama, Yamazaki Town, Miyazaki City
🕒10:00 – 17:00
※Please confirm details with official sources



A majestic panorama created by nature,
forests, and the sea.

Facing the Pacific Ocean, with hidden gems to be found in
the mountains, Miyazaki has it all.

From breathtaking ocean views to the gentle whispers of
lush forests, and even awe-inspiring vistas inspired by the
“mythical homeland.”

Every day, every experience is unique - come and see this
breathtaking scenery for yourself.

Discover marvelous scenery



Hyuga City

Hyuga Cape (Umagase/The Wishing Cross of the Sea)

A vast cape surrounded on 270 degrees
by the horizon, where you can almost
touch the sky and the sea.



Jutting out into the Pacific Ocean, this 5 km ria coast is part of the Nippo Coast Quasi-National Park. The columnar-jointed cliff faces are designated as national natural monuments. At “Umagase,” a trail leads to a cape where visitors can enjoy a 270-degree panoramic view of the sea.

☎0982-55-0235 (company) Hyuga-City Tourism Incorporated Association;

📍Hososhima, Hyuga City

Free to view ※For safety, please avoid entering at night.



PANORAMA

Stunning views that can't be captured on film

A sight you'll never forget; the view is the destination.

Breathtaking moments that will stay with you forever.

Forest bathing in mid-air.

Can you feel it healing you with every breath?

Aya Town



Aya's Teruha Suspension Bridge

A suspension bridge around 250 meters long and around 142 meters above ground, the longest pedestrian bridge in Japan. Spanning a picturesque valley surrounded by beautiful, vast evergreen broadleaf forests, it has also been designated as part of the UNESCO Eco-Park.

☎0985-77-2055

📍5691-1 Minamimataoguchi, Aya Town, Higashimorokata District

🕒Open from 8:30 to 18:00 (until 17:00 from October to March)

👤Adults: 500 yen; Elementary and junior high school students: 350 yen



A mystical sea of clouds dyed by the hue of the rising sun.

Takachiho Town



Kunimigaoka

View a sea of clouds at an elevation of 513 meters. The best time is from late September to early December, when early morning clear skies and cool, calm weather allow you to better encounter this miraculous sight.

☎0982-73-1213 📞Takachiho Tourism Association

📍Oshikata, Takachiho Town, Nishiusuki District

🆓Free viewing



One of Japan's top 100 waterfalls, flowing into a network of underwater caves

Miyakonojo City



Sekinoo Park

A park rich in nature, featuring Sekinoo Falls, selected as one of Japan's One Hundred Waterfalls at 40 meters wide and 18 meters high, and the world's largest cluster of sinkholes, which are designated as a National Natural Monument.

☎0986-57-8881

📍Snow Peak Miyakonojo Camping Field

📍6843-20 Sekinoo Town, Miyakonojo City



Site of the legendary descent from heaven, and the Amanosakahoko spear.

Takaharu Town



Mount Takachiho

In early summer, admire the Miyama-Kirishima variety of azalea. In autumn, enjoy the changing scenery with fall foliage and panoramic views from the summit.

☎0984-42-4560

📍Takaharucho Tourism Association

📍Takaharu Town, Nishimorokata District

🆓Free to visit



Perfect for a tropical getaway! Invigorating roads ideal for a breathtaking drive to the Michi no Eki.

Miyazaki City



[Michi no Eki] Phoenix

Michi no Eki "Phoenix" is located in the Horikiri Pass area in Nichinan Coast Quasi-National Park. Visitors can enjoy breathtaking sea views, see the mysterious 'Devil's Washboard' rock, and savor local delicacies like mango and Hyuganatsu citrus soft-serve ice cream.

☎0985-65-2773 📍Uchiyumi, Miyazaki City 381-1

🕒9:00 to 17:00 🆓N/A





WORLD TRIP

See the website for more details!

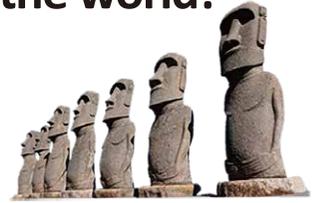


Miyazaki Travel Guide

Places you wanted to see around the world!

Sun-drenched white beaches, blooming gardens bursting with color, and ancient ruins slumbering within a world heritage site.

Miyazaki boasts breathtaking scenic spots that feel like another world!



1 Miyazaki City **The BEACH BURGER HOUSE**



Huntington Beach
United States

Enjoy a burger in one hand while gazing out at the blue sea.

Savor juicy hamburgers on an open terrace overlooking the sea as you embrace the California beach style.



Stone Bridge
Tiber River
Italy



2 Ebino City **"Eyeglasses" Bridge (Tsuki no Ki River)**

A quaint bridge with three arches.

A stone bridge featuring a three-arch design spanning 58.2 meters. 100 years ago, it was used to transport timber by rail cart.

3 Easter Island
Chile



3 Nichinan City **Sun Messe Nichinan**

Lovable Moai statues bring good fortune!

Experience the world's first officially reproduced Moai statues approved directly by Easter Island, Chile. Standing by the sea, seven Moai statues offer an unbeatable photo op.



Seoul Nightscape
South Korea



4 Nobeoka City **View of Mt. Atago at night**

The first Japanese Nightscape Heritage Site in the prefecture.

Mt. Atago: the meeting place of Ninigi-no-Mikoto and Konohanasakuya-hime. This is a popular destination recognized as both a Japanese Nightscape Heritage Site and one of Japan's 100 Famous Moon Viewing spots.



The Parthenon
Athens, Greece



5 Kawaminami Town **Kurahama Natural Park Rest Area**

Is that a beautiful white temple shining in the sky?

Perched on a gentle hill, the park's rest area offers breathtaking views of the blue sea and sunrise.



Hampton Court
Palace
England



6 (Miyazaki City) **English Garden**

Enjoy an elegant British tea time.

Enjoy the gardens designed by top British garden designers and savor a tea time experience.



Scenic Alps
Austria



7 (Hinokage Town) **Old Tsuna no Se Bridge**

Amazing! A grand panorama like a fortress.

With the well-balanced shape of Makimine Bridge in the background, this multi-arched concrete bridge spanning the river makes for a mysterious landscape.



Ifugao Rice
Terraces
Philippines



8 (Takachiho Town) **Tochimatata Rice Terrace**

A masterpiece woven with many shades of green.

The lush rice fields are at their best from August to early September, with the fields turning golden starting around mid-September.



Jiuzhai Valley
China



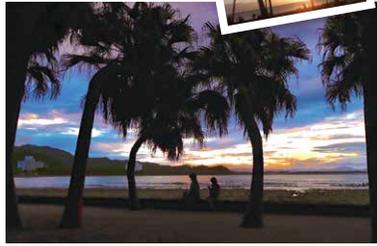
9 (Ebino City) **Jin no Ike (small pond)**

A mystical pool glowing with emerald green.

The water is transparent enough to see the bottom, and its beautiful color creates a mystical atmosphere. *Reached by a single lane road of several hundred meters.



Waikiki Beach
United States



10 (Miyazaki City) **Aoshima Beach**

Sea and sky are painted orange in this sunset ocean view.

Sandy beaches with palm trees and a turquoise sea. Enjoy breathtaking ocean views and a variety of water activities year-round at this popular beach resort.



Machu Picchu
Peru



11 (Shiiba Village) **Rice Terraces of Sennin**

Spread across the mountain slopes, a city suspended in the air.

Enjoy breathtaking views of new leaves and golden rice fields in autumn on the slopes of the "Machu Picchu of Shiiba."



Huangshan
China



12 (Nobeoka City) **Mt. Hiei**

Cliffs rise dramatically like a scene from an ink painting!

Enjoy rare flowers and breathtaking views on this lush rocky peak.



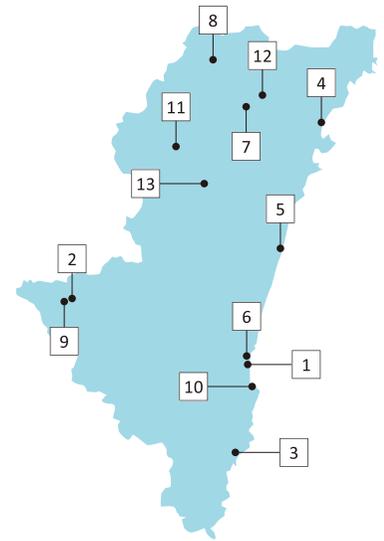
Gyeongbokgung
Palace South
Korea



13 (Misato Town) **Kudara Pavilion**

Palace buildings painted eye-catching colors.

Buildings said to have been inhabited by the royal Kudara Family in Misato Town.





DAM DRIVE

Dam Trip Drive

Unique dams are scattered along the Mimikawa River watershed. Enjoy scenic dams alongside tourism and gourmet experiences.

Real connoisseurs call it "Your Excellency".

TIME SCHEDULE

Day 1		Day 2	
11:00	Kamishiiba Dam	10:00	Nishi no Shosoin
12:00	Tsurutomi Manor	11:00	Nishigo Dam
13:00	Heike Honjin	12:30	pizza & gelato OttO OttO
15:00	Miyanomoto Dam	14:30	Mimitsu Street
16:30	Ike no Kubo Green Park		



Photo by: Kyuden Drone Service

Shiiba Village

Kamishiiba Dam

The first large-scale arch dam in Japan.

Completed in 1955, this large-scale arch dam, over 100 meters long, features spectacular autumn foliage from late October to mid-November. In 2019, this dam hosted its first tourists.

☎0982-67-3139

🏢(company) Shiiba Village Tourism Association

📍Shiiba Village, Higashiusuki District

Type: Arch-Style Concrete Dam

Gates: Radial Gates x4

Dam height and length: 110 m x 341 m



Morotsuka Village **Miya no Moto Dam**

The second smallest arch dam in Japan.

This dam with four viewing platforms offers stunning views of a clear overflow!

☎0982-65-0178

🏢(company) Morotsuka Village Tourism Association

📍Nanatsuyama, Oaza, Morotsuka Village, Higashiusuki District

Type: Arch-Style Concrete Dam

Gate: Single slide gate

Dam height and length: 18.5 m x 87.436 m



Shiiba Village **Tsurutomi Manor**

Site of the tragic love story of Lady Tsurutomi and Lord Nasu Daihachiro.

Designated as an Important Cultural Property, it's not just for sightseeing – overnight stays are also possible at the adjacent inn. Enjoy a sumptuous dinner featuring plenty of seasonal mountain delicacies!

☎0982-67-2320 📍1818 Shimofukura, Oaza, Morotsuka Village, Higashiusuki District ☎9:00. to 17:00

🕒Closed during New Years (December 28 to January 3)

👤High school and older: ¥200, Elementary and junior high school: ¥100



Dam curry is 900 yen per person. Local produce is also yummy!



Shiiba Village **Shiiba Village Craft Center, Heike Honjin**

Use the wieners as dam gates!

Experience the flavors of the mountains and regional products at the local goods shop. Be sure to try "Dam Curry" in the dining hall!

☎0982-67-3140 📍509-184 Shimofukura, Oaza, Morotsuka Village, Higashiusuki District

🕒Open 11:00 – 14:00 (Regular menu items including Dam Curry. ※Light snacks available from 14:00 – 15:00. Souvenirs available from 9:00 – 17:00)

🕒Closed during New Years (December 29 to January 3)

👤20 spaces



Morotsuka Village

Ike no Kubo Green Park

Immerse yourself in nature at this campground.

There are wooden decks and lawns with electrical power outlets, and log cabins that can accommodate up to 10 people. Enjoy camping solo or with your family!

☎0982-65-0178 📍Shitake no Kan 21

📍3574-2 Ieshiro, Oaza, Morotsuka Village, Higashiusuki District

🕒8:30 to 17:00 🗓Closed on Wednesday 🆓Available



Misato Town

Nishi no Shosoin

Explore the secrets of the “Shosoin”, a place previously kept hidden from the public.

Rebuilt faithfully based on the original drawings of Shosoin, which were kept secret for centuries with the cooperation of the Imperial Household Agency and a special permit from the Minister of Land, Infrastructure, Transport and Tourism. You can now also explore the previously off-limits interior of Shosoin and see its internal structure.

☎0982-59-0556 📍62-1 Nangomikado, Misato Town, Higashiusuki District 🕒10:00 to 16:00 (entrance until 15:30) 🗓Closed on Thursday

👤Adults: 510 yen, high school students: 410 yen, elementary and junior high school students: 310 yen 📶200 spaces



Misato Town

Saigo Dam

The oldest dam in the Mimikawa River system.

The two crane covers, modeled after the bell shape of Saigo Dam, are named the Towa (eternal bells).

☎0982-68-2522 📍(company) Misato Town Tourism Association 📍Saigo Ohara, Misato Town, Higashiusuki District



Seasonal specialty pizzas made with local ingredients are also very popular.



Misato Town

pizza & gelato OttO OttO

Enjoy fresh Miyazaki ingredients on a pizza.

Enjoy pizzas made with rich, flavorful ingredients in a charming old farmhouse, baked in a wood-fired oven imported straight from Naples. Also, try the limited-time gelato made with seasonal fruits from Miyazaki Prefecture.

☎0982-60-3396

📍12729-1 Saigo Tashiro, Misato Town, Higashiusuki District

🕒From 11:00 to 15:00 🗓Closed on Wednesday, Thursday, and during New Years 📶10 spaces



Hyuga City

Mimitsu Important Traditional Architectural District

Have I travelled in time to the Edo period?

Mimitsu is the setting for many legends. Wander through its ancient and beautiful streets that still retain the charm of a port town from the Edo era. Enjoy cafes and boutiques housed in renovated folk houses.

☎0982-55-0235

📍(company) Hyuga-City Tourism Incorporated Association

📍Hyuga City Mimizuki 🆓Free to view

Other dams of the Mimikawa River system



Misato Town

Uchibaru Dam

The lowest dam in the Mimikawa River water system.

☎0982-68-2522

📍(company) Misato Town Tourism Association

📍Saigotashiro, Misato Town, Higashiusuki District

Type: Concrete gravity dam

Gates: six roller gates

Dam height and length: 25.5 m x 152.62 m



Shiiba Village

Iwayado Dam

Built with technology developed during construction of the Tsukabaru Dam!

☎0982-67-3139

📍(company) Shiiba Village Tourism Association

📍Shimofukura, Oaza, Morotsuka Village, Higashiusuki District

Type: Concrete gravity dam

Gates: Radial Gates ×8

Dam height and length: 57.5 m x 171 m



Morotsuka Village

Yamasubaru Dam

Note the large radial gate.

☎0982-65-0178

📍(company) Morotsuka Village Tourism Association

📍Ieshiro, Oaza, Morotsuka Village, Higashiusuki District

Type: Concrete gravity dam

Gates: Radial Gates ×7

Dam height and length: 29.404 m x 91.140 m



Morotsuka Village

Morotsuka Dam

Only 13 in Japan! Hollow gravity dam.

☎0982-65-0178

📍(company) Morotsuka Village Tourism Association

📍Ieshiro, Oaza, Morotsuka Village, Higashiusuki District

Type: Hollow gravity concrete dam

Gates: Radial Gates ×1

Dam height and length: 59 m x 149.5 m



Morotsuka Village

Tsukabaru Dam

Pioneering modern construction in Japan.

☎0982-65-0178

📍(company) Morotsuka Village Tourism Association

📍Nanatsuyama, Oaza, Morotsuka Village, Higashiusuki District

Type: Concrete gravity dam

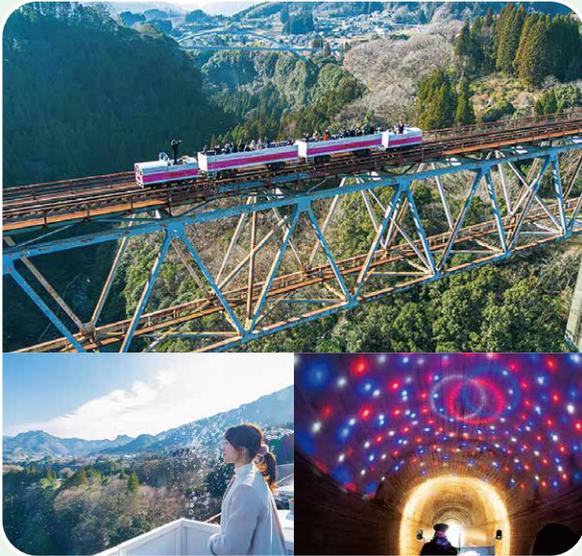
Gates: Radial Gates ×8

Dam height and length: 87 m x 215 m

The Joys of Transport

Miyazaki Train Trips

Train travel isn't just a means of transportation –
it's a destination in itself.
More than just scenery!



Stunning views from a 105-meter high observation deck



Takachiho Amaterasu Railroad

Enjoy a refreshing 5.1 km round trip from Takachiho Station to the Takachiho Iron Bridge. Feel the open-air adventure with no roof or windows so you can experience the wind and sounds directly!

- ☎0982-72-3216 📍Mital, Takachiho Town, Nishiusuki District
- 🕒From 9:40 AM to 3:40 PM, 10 daily flights (excluding additional temporary flights)
- 🗓️The third Thursday of the month
- 💰Admission: ¥100 (Super Grand Cart Ride: ¥2,000 • Elementary and Middle School Students: ¥1,300 • Preschool Children: ¥700)



View the Nichinan sea and mountains right before your eyes!



Umisachi Yamasachi Express

Take a rail journey for about an hour and a half, passing down the Nichinan Coast from Miyazaki Station to Nango Station. The train interior and exterior are generously decorated with Obi cedar. Enjoy exclusive views of Miyazaki's seas and mountains from the window.



Explore Kyushu in style with a luxurious tour around the island



36 Plus 3

Explore the world's 36th largest island, Kyushu, with "36 Plus 3." Experience five packed routes showcasing the region's stunning landscapes, delicious cuisine, and rejuvenating hot springs over the course of a week.



Miyazaki is the home of countless legends recorded in the Kojiki and Nihon Shoki. There are various shrines around the prefecture. Travel around and visit some “power spots”, places imbued with spiritual energy.

 Blessings for Matchmaking

 Blessings for Prosperity

 Power spots

 Photogenic spots

Have an encounter with the gods



Miyazaki City

Aoshima Shrine



There are various festivals, and both children and adults can have fun!



When crossing to the island, be sure to admire the Japanese natural monument known as the “Devil’s Washboard.”

Breathtaking scenery at this site of myths. Magic awaits you on every corner of the island.

Aoshima, where the shrine is located, is a small island where subtropical plants such as the betel palm grow in abundance. At the shrine, various religious ceremonies are held. One such ritual, Couple’s Betel, involves throwing a ceramic dish with a strand of colored paper affixed to it.

☎0985-65-1262 📍2-13-1 Aoshima, Yamazaki City

🕒Open from 6:00 to sunset



Fate (Nichinan City) **Yowara Shrine**

Happy couples abound, a renowned spot for matchmaking.

The vermilion tower gate and torii are so vibrant! There are trees of two different kinds intertwined with one another, and a charming pair of camphor trees, whose reaching branches resemble a couple holding hands.

- ☎0987-68-1028
- 📍Yowara, Nango Town, Nichinan City
- 🆓Free to visit



Fate (Miyazaki City) **Eda Shrine**

Said to be the place of origin for purification rituals.

A shrine dedicated to the first couple in Japanese history, Izanagi-no-Mikoto and Izanami-no-Mikoto. Adjacent to this shrine is a park that includes Misogi Pond, from which many gods are believed to have been born.

- ☎0985-39-3743
- 📍127 Yabo, Awakigahara-cho, Miyazaki City
- 🕒Business Hours: 9:00 – 17:00



Fate (Kijo Town) **Hiki Shrine**

An ancient shrine going back 1800 years, with links to the Kudara clan.

Worship the gods including the royal Kudara clan, which perished in AD 660. The grounds contain a camphor tree with a diameter of over 6 meters and a chisha tree that has been selected as one of Miyazaki's 100 largest trees. Marvel at 300 stunning ceiling paintings!!

- ☎0983-32-2854 or 0983-32-3727 (High Priest's residence)
- 📍1306-1 Shiiki, Oaza, Kijo Town, Koyu District
- 🆓Free to visit



Gold (Miyazaki City) **Miyazaki Shrine**

The shrine that worships Japan's first emperor, Emperor Jimmu.

This holy site enshrines the first emperor, Emperor Jimmu. As Emperor Jimmu overcame numerous difficulties to unify Japan and establish a nation, many people also pray for business success and prosperity here.

- ☎0985-27-4004
- 📍2-4-1 Jingu, Miyazaki City, Miyazaki Prefecture
- 🆓Free to visit 🆓N/A



Gold (Miyazaki City) **Hitotsuba Inari Shrine**

Famous for blessings of business prosperity, this shrine is a must-see with its mysterious single-leaf pine.

When you pass through the myriad vibrant torii gates, you'll find a majestic shrine compound. Within the grounds you can admire the single-leaf "hitotsuba" pine trees that give the shrine its name, and receive good fortune by washing money.

- ☎0985-22-4584 [main office open 9:00 – 17:00]
- 📍1402 Maehama, Shin Beppu Town, Miyazaki City
- 🆓Free to visit



Gold (Takaharu Town) **Kasumi Shrine**

Can worshipping the White Snake bring luck? Offer your wishes and enjoy breathtaking views!

Standing on elevated ground to admire the rural scenery, you might just feel blessed if you spot the legendary "White Snake" hiding in the rocky caves behind the main hall. While there are about 300 steps to the shrine, you can drive halfway up. Be sure to walk the rest of the way for the full experience!

- ☎0984-42-0033
- 📍1553-1 Kawauchi, Oaza, Takaharu Town, Nishimorokata District
- 🆓Free to visit

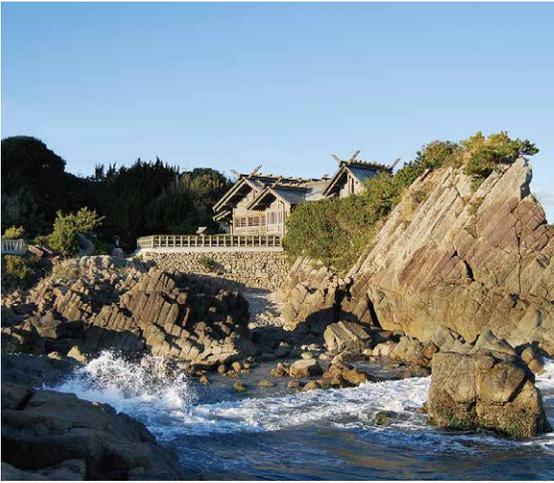


P (Kobayashi City) **Kirishimamine Shrine**

Main shrine of the Kirishima Rokusha Gongen, deeply connected to mythology.

This historic shrine referenced in the "Shoku Nihon Koki" is the main shrine of Kirishima Rokusha Gongen, a cluster of six shrines that honor Mount Takachiho as the sacred mountain where the heavenly grandson supposedly descended to Earth. Simply walking along the approach surrounded by trees is enough to make you feel purified.

- ☎0984-23-0855
- 📍4937 Hosono, Kobayashi City
- 🆓Free to visit



Hyuga City

Omi Shrine

Registered National Cultural Property known as “The Ise of Hyuga.”

This is a holy site rich in history enshrining Amaterasu Omikami. Within its grounds are various mystical spots, such as the largest “Sazare Stone” mentioned in Japan’s national anthem “Kimigayo”, the Spirit of the Dragon God, and the shape of a rising white dragon that can be seen when you overlap the stones in the foreground and at the entrance. Together, these create an atmosphere of solemnity and dignity.

☎0982-52-3406 📍1 Hichiya, Hyuga City 🆓Free to visit



Miyakonojo City

Tsumakirishima Shrine

Home of many mysterious legends, such as the stairs made overnight by a demon.

The main shrine honoring the founding deity of Japan, Izanagi no Mikoto, it is also home to the “ghost stone steps”, where a demon piled up 999 stones in one night, as well as a sacred stone split in half by a sword: both the inspiration for countless legends.

☎0986-62-1713

📍1560 Tsumakirishima, Takazaki Town, Miyakonojo City

🆓Free to visit



Takaharu Town

Sano Shrine

The beautiful cedar trees along what is claimed to be Japan’s longest approach path are a must-see.

This shrine is named after Emperor Jimmu’s childhood title, Sano no Mikoto. Don’t miss the avenue of cedar trees, which is said to be the longest straight path in Japan.

☎0984-42-1007

📍117 Kamamuta, Oaza, Takaharu Town, Nishimorokata District

🆓Free to visit



Takachiho Town

Aradate Shrine

A power spot for divine weddings and matchmaking, where the spirits of marriage and performance converge.

Famous for its deity linked to romantic matchmaking and the performing arts.

☎0982-72-2368

📍667 Mitai, Oaza, Takachiho Town, Nishimorokata District

🆓Free to visit



Nichinan City

Udo Shrine

After praying at the main shrine inside the cave, make a wish and throw the fortune beads!

Perched on the edge of a precipice with the Pacific Ocean in view, this shrine is famous for enshrining the deity of matchmaking and successful childbirth. Don’t miss the fortune bead toss when you visit! This ritual involves women using their right hand and men their left to throw small baked clay beads 12 meters into the hole on the back of Tortoise Rock. Legend has it that a successful toss will grant your wish.

☎0987-29-1001 📍3232 Miyaura, Hyuga City

🕒Open from 6:00 to 18:00

(open from 6:00 to 19:00 April to September)

※Subject to change. Please check the website before your visit.



Takachiho Town

Amanoyasukawara

Piles of stones and wishes on the riverside where the gods once gathered.

A riverbank where millions of gods gathered in confusion while Amaterasu Omikami was hiding. Amanoyasukawara Shrine stands quietly, and the surrounding riverbank is filled with piled stones imbued with the wishes of others.

☎0982-74-8239 *Amanoiwato Shrine 📍1073-1 Iwato, Takachiho Town, Nishiusuki District

🆓Free to visit



Takachiho Town

Amanoiwato Shrine

A sacred site from the Kojiki and Nihon Shoki, brimming with spiritual energy.

A shrine dedicated to Amaterasu Omikami, who took refuge in a cave, called Amanoiwato. On either bank of the Iwato River stand the Western and Eastern Main Shrines.

☎0982-74-8239 📍Amanoiwato Shrine

📍1073-1 Iwato, Takachiho Town, Nishiusuki District

🆓Free to visit



Takachiho Town

Kushifuru Shrine

The land where the divine ancestor descended, seated upon the peak of Mt. Kushifuru.

An historic shrine located on Mt. Kushifuru, which is believed to be the place where Ninigi no Mikoto descended. The main hall features impressive carvings related to China's Twenty-Four Filial Exemplars.

☎0982-72-2413 📍Takachiho Shrine

📍713 Mitai, Takachiho Town, Nishiusuki District

🆓Free to visit



Nobeoka City

Minato Shrine

A rare blue torii gate. Legend has it that it was built to pray for safety at sea.



Ebino City

Sugawara Shrine

At rice harvest, the red stands out against golden fields.



Nichinan City

Umegahama Cave Gion Shrine

Gaze upon this rare sight from the cave, with torii gates and a clear blue sky.



Nichinan City

Matsuo Shrine

Trains pass right by the torii gate.



Kushima City

Misaki Shrine

Perched halfway up the sheer cliff of Cape Toi.

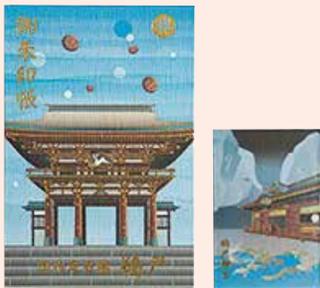


Miyazaki City

Noshima Shrine

Colorful marbles shine brightly at the hand-washing station.

1



2



3



4



Traditional Shrine Stamp Book

Collect seals and make memorable souvenirs.

5



6



When you visit, be sure to receive a *goshuin* (shrine stamp) from the priest or shrine maiden. Various shrines in Miyazaki offer this service, and some even sell *goshuin* books. Since there are many shrines here, it's the perfect place to start your own collection of *goshuin*.

7



8



9



10



New Years limited edition cut-out seals are a special January must-have ♡

1 Udo Shrine 1

Design featuring the main hall and tower gate of Udo Shrine on the front and back.

2 Udo Shrine 2

A cute prayer stamp book with a rabbit riding on a "fortune bead" used in the fortune bead toss.

3 Aoshima Shrine

Palm trees give a taste of southern paradise.

4 Takachiho Shrine

This image depicts the descent of the Heavenly Grandson.

5 Eda Shrine

Design featuring the Pond of Purification from Japanese mythology in the background.

6 Tsuno Shrine

Rabbits and mice you can pet inside the shrine are also featured in the prayer stamp book.

7 Kirishimamine Shrine

The prayer book at Kirishimamine Shrine is uniquely made of wood, using a simple and beautiful design.

8 Amanoiwato Shrine

Design inspired by the myth of the "Opening Amaterasu's cave".

9 Miyazaki Shrine

In April, there is a festival featuring spectacular Yabusame horseback archery.

10 Noshima Shrine

You can also get special edition seals such as cut-out stamps and monthly limited edition stamps.

Watch a Kagura Performance

A majestic dance offered in gratitude to the gods.

There is a Shinto ritual called Kagura, in which dancers perform dances in gratitude for bountiful harvests from the mountains and seas. In Miyazaki, a land steeped in legends, you can experience the nationally designated intangible folk cultural asset “Takachiho no Yokagura,” as well as similar performances held in various locations throughout the prefecture.



Takachiho Town Takachiho Kagura

Year-round performances of Kagura for tourists.

Experience four famous pieces of the thirty-three “Takachiho no Yokagura” performances every evening at 20:00. Reservations also available.

☎0982-73-1213 📧(company) Takachiho Tourism Association

📍The grounds of Takachiho Shrine, where you can experience traditional Kagura performances (tatami room)

🕒Registration at Kagura Hall opens at 19:00

👤Capacity: 250 people 🪑80 spaces

- ※Remember, Kagura is a ritual where locals become one with the gods. Approach it respectfully as a participant in the ritual.
- ※Follow local customs and don't hesitate to ask if you have any questions.
- ※Please note that many places prohibit the use of flash photography and tripods when filming or taking photos, so be sure to check beforehand.

Kagura Name	Contact Information	Season of Event	Location
Shiiba Kagura	☎0982-67-2850 📧Shiiba Village Board of Education	November and December	Shiiba Village; various locations
Gokase Town Kagura	☎0982-82-1200 📧Gokase Tourism Association	From November of current year to January of following year	Gokase Town; various locations
Takachiho no Yokagura	☎0982-73-1213 📧(company) Takachiho Tourism Association	From November to February / Takachiho Shrine holds daily events	Famous places in Takachiho Town
Hinokage Kagura	☎0982-78-1021 📧(company) Hinokage Town Tourism Association	Mid-November to mid-February	Hinokage Town; various locations
Ohae Kagura	☎0983-41-1557 📧(company) Saito City Tourism Association	4th weekend of November	Ohae, Saito City
Mera no Kagura	☎0983-36-1111 📧Nishimera Village Board of Education	End of November to December	Nishimera Village; various locations
Takanabe Kagura	☎0983-22-5588 📧Takanabe Town Tourism Association	Twelfth month of the lunar calendar (around November to February)	Takanabe, Kawaminami, Shintomi, Kijyo, and other locations
Sano Kagura	☎0984-42-4560 📧(company) Takaharuchō Tourism Association	1st and 2nd Saturday of December	Takachiho Sano Shrine
Haraigawa Kagura			Takaharu Town Haraigawa Kagura Hall
Tsuno Kagura	☎0983-25-3256 📧Tsuno Shrine	December 4th and 5th	Tsuno Shrine; Kawakita, Tsuno Town
Shiromi Kagura	☎0983-41-1557 📧(company) Saito City Tourism Association	From late afternoon on December 14 to early morning of December 15	Shiromi Shrine; Shiromi, Oaza, Saito City
Funahiki Kagura	☎0985-85-1628 📧Funahiki Shrine	December 31 and January 1, Vernal Equinox	Funahiki Shrine and others, Kiyotake Town, Miyazaki City
Mikado Kagura	☎0982-66-3603 📧Misato Town Planning and Information Department	Friday, Saturday, or Sunday in late January	Mikado Shrine; Nango Ward, Misato Town
Morotsuka Kagura	☎0982-65-0178 📧(company) Morotsuka Village Tourism Association	Final Saturday of January and first Saturday of February, etc.	Morotsuka Village; various locations
Ushiodake Kagura	☎0987-55-3252 📧Ushiodake Shrine	February 11	Ushiodake Shrine; Kitakawachi, Kitago Town, Nichinan City
Niita Kagura	☎0983-33-1022 📧Shintomi Lifelong Learning Department	February 17	Niita Shrine; Niita, Shintomi
Ikime Kagura	☎0985-47-8272 📧Ikime Shrine	The Saturday closest to March 15	Ikime Shrine; Ikime, Miyazaki City

Only Miyazaki, where sunlight pours from above. Flowers and fruits full of vitality.

With an average temperature of 17.7°C; Miyazaki is warm all year round. Its perfect balance of sunlight, clear skies and precipitation make it an ideal environment for nature to thrive.

As such, there's a wide variety of flowers and fruits you can enjoy throughout the year.

Be sure to experience the natural wonders of Miyazaki.

*Please note that prices and other information for flower viewing and fruit picking events may change depending on the season and weather conditions. Be sure to confirm by phone or another method before you visit.

Seasonal Outings

Enjoy flowers blooming in every season.

Miyazaki City

Florante Miyazaki

Within the grounds, you can enjoy beautiful green lawns and themed gardens throughout the year. Various events and experience lectures are held, particularly on weekends. In spring and autumn, the "Floral Festival" also takes place, attracting many visitors during the season.

☎ 0985-23-1510

📍 414-16 Hamayama, Yamazaki Town, Miyazaki City

🕒 9:00 – 17:00 @Tuesday (next day if holiday)

👤 Adults 310 yen,

children and middle school students 150 yen

🚗 200 spaces

*Note that entry fees and opening hours may change depending on the event.

March	April	May	June	July	August	September	October	November	December	January	February
	Camellia		Jacaranda					Camellia			
			Rhododendron					Ginkgo tree			
	Cherry blossom						Cosmos				
	Azalea			Lychee		Red spider lily					
		Strawberry		Sunflower				Persimmon	Strawberry		
								Pear			
								Grape			
				Blueberry					Autumn foliage	Plum Blossoms	
								Kiwi			

SPRING

Spring Outing March-May

Late May to
mid-June

Nichinan City

Jacaranda Forest

One of the world's three great flowering trees: jacaranda. This is the only place in Japan that you can see a thousand jacarandas in full bloom. Lit up at night, the sight is ethereal.

☎0987-64-3055 📍Nango Michi no Eki
📍3220-24 Nienami, Nango Town, Nichinan City
🕒Free to view
👤44 spaces



April to
mid-May

Mimata Town

Shiibae Park Azaleas

The park spans 4.6 hectares and boasts over 60,000 Kurume azaleas. In early April, enjoy a stunning display with azaleas and about 50 Yaezakura cherry blossoms in bloom.

☎0986-52-9085 📍Mimata Town Tourism Association
📍5515-1 Ogata, Oaza, Mimata Town, Kitamorokata District
🕒Free to view 👤120 spaces



Late March
to early April

Miyakonojo City

Mochio Park Cherry Blossoms

A stunning 2 km cherry blossom avenue features both Somei Yoshino and Yaezakura varieties.

☎0986-38-2460 📍Miyakonojo Tourism Association
📍6633 Yokoichi Town, Miyakonojo City 🕒Free to view
👤About 300 spaces



Strawberries
from early
April to
mid-May

Miyazaki City

Hinata Strawberry Farm

Not only can you enjoy strawberry picking, but you can also savor strawberry parfaits and other sweets at our on-site café.

☎090-3315-7315 📍5231-3 Gunji Bunko, Miyazaki City
🕒10:00 to 12:00 by reservation only
(café open from 10:00 to 17:00, last order at 16:30)
📅Weekdays (strawberry picking on weekends and holidays only, café closed on Mondays)
👤Adults from 2,000 yen, elementary school students from 1,500 yen, and children aged 2 and under from 800 yen
👤30 spaces



April to May

Mimata Town

Rhododendron Forest

See up to 500 global varieties of rhododendron in full bloom, numbering over 30,000 – Japan's largest rhododendron garden.

☎0986-54-1367
📍5268 Nagata, Mimata Town, Kitamorokata District
🕒9:00 – 17:00
📅Open from April to May only
(operates during Yamame Festival from July to November)
👤Adults 600 yen, children and middle school students 300 yen
👤200 spaces



Strawberries
from January
to mid-May

Nichinan City

Strawberry Picking Photo Studio – Marukajiri

Enjoy an unlimited selection of strawberries and receive a complimentary commemorative photo taken by a professional photographer.

☎090-9955-8388
📍1676-20 Kitakawachi, Kitago Town, Nichinan City
🕒Reservation required after 11:00. 📅Weekdays
👤Adults 2,600 yen, elementary and middle school students 2,400 yen, preschoolers 2,200 yen.
※Prices may vary depending on the number of edible items.
※Infants under 1 year old are free 👤20 spaces



Late March
to early
April

Gokase Town

Cherry blossoms hanging from Josen Temple

At Josen Temple, over 400 years old, the 300-year-old weeping cherry blossoms are in full bloom.

☎0982-82-0209
📍8701 Sankasho, Oaza, Gokase Town, Nishiusuki District
Free to view 👤About 40 spaces

SUMMER

Summer Outing June-August

Sunflowers
from mid- to
late July

Saito City

Sunflower fields at the Saitobaru Burial Grounds

Sunsets paint the fields in vibrant hues as 100,000 sunflowers stretch across the landscape. With low-growing varieties, visitors can enjoy unobstructed views of the vast ancient burial grounds for a must-see spectacle.

☎0983-41-1557 📠Saito City Tourism Association
📍4941-1 Miyake, Oaza, Saito City 🅕700 spaces
Enjoy flowers all year round!

Spring... cherry blossoms and mustard flowers.
Summer... sunflowers.
Autumn... cosmos and more



Lychee
late June
to late July

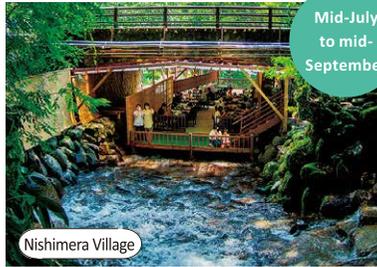


Takanabe Town

Miki Farm

A rare Japanese farm where visitors can experience lychee picking.

☎Weekdays: 0983-32-0252
📍8751 Minami Takanabe, Takanabe Town, Koyu District
🕒Open 9:00 – 16:00 🅕Open daily during the season
🅖Free entry Lychees sold by weight (※Inquire for prices)
🅗About 50 spaces



Mid-July
to mid-
September

Nishimera Village

Nishimera Riverside Terrace

Enjoy meals and drinks in a riverside terrace built over the river in Nishimera Village in this traditional summer activity.

☎0983-36-1833 📠(Inc.) Mera no Sho
📍260-6 Murasho, Oaza, Nishimera Village, Koyu District
🅖Requires purchase of riverside picnic lunch box
※Requires reservation made by noon the day before
🕒Open 11:00 to 14:30 (closed on Wednesdays)
🅗50 spaces



Pears and
grapes from
early August
to late
October

Kobayashi City

Taneda Fruits

The main activities are pear and grape picking. Starting in October, visitors can also pick persimmons. There are 10 varieties of grapes and 5 varieties of pears!

☎0984-23-6088 📍146-3 Kitanishikata, Kobayashi City
🕒Open 10:00 – 16:00 🅕Open daily during the season
🅖Free admission Peaches from 1000 yen/kg,
Grapes from 2000 yen/kg
🅗70 spaces



Hydrangeas
late May to
late June

Miyakonoyo City

Yamanokuchi Hydrangea Park

On this 6.9 hectare site, over 28,000 hydrangeas of 126 varieties create a stunning display! Iris blooms coincide with the hydrangeas during the same period.

☎0986-57-3113
📠Yamanokuchi Integrated Industry and Construction
Support Department
📍1630 Kaboku, Yamanokuchi Town, Miyakonoyo City
🕒8:30 – 17:00
🅖Free 🅗About 80 spaces



Swimming
from early
July to late
August

Nichinan City

Odotsu Beach

Gentle waves on the calm beach make it perfect for swimming. A kid's pool is also available and free to use.

☎0987-27-2750 (available during swimming season only)
📍4-6 Odotsu, Nichinan City
🕒9:00 – 16:00 (open every day during this period)
🅗40 spaces (fee applies)



Mid-July to
August

Nobeoka City

Shimoaso Beach

Selected as one of Japan's top 100 beaches for bathing, the only one in Kyushu. It boasts beautiful white sand and exceptionally clear water. Right next to the Kitaura Michi no Eki, this location is convenient for shopping as well.

☎0982-45-3811 (inquire / Kitaura Michi no Eki)
📍3337-1 Furue, Kitaura Town, Nobeoka City
🕒Open 9:00 – 18:00 (open every day during the season)
🅗350 spaces

AUTUMN

Fall Outing
September-November

Cosmos
From early to
mid-October

Kobayashi City

Cosmos Flowers of Ikoma Highland

A flower paradise where the entire highland is filled with lovely pink cosmos flowers. The poppies are equally spectacular from mid-April to mid-May!

☎0984-27-1919

📍8565 Minaminishikata, Kobayashi City

🕒9:00 – 17:00 🚫 Not available

👉 Free for children under elementary school age, 700 yen for middle school students and above

👤 @1000 spaces

Enjoy flowers all year round!

Spring... poppies, nemophila

Summer... crepe-myrtle, hibiscus

Autumn... Bassia (Kochia), etc.



Pears
Early August to early
October

Grapes
Early August to late
September

Kobayashi City

Iwashita Fruit Farm

This farm cultivates a variety of pears and grapes, and the farm is open from 10:00 to 15:00.

☎0984-22-6877

📍185-10 Kitanishikata, Kobayashi City (Direct Sales Center)

🕒Open 9:00 – 17:00 🚫Closed Tuesdays during the season

👉 Farm entry is free

👉 Peaches from 900 yen/kg. Grapes from 2300 yen/kg (prices may vary by variety).

👤 @20 spaces



Autumn
Foliage
Late October to early
November

Gokase Town

Autumn Foliage of Shirataki

The 60-meter waterfall and autumn leaves work beautifully together. During winter, the waterfall may freeze, forming ice columns.

☎0982-82-1200 🏠Gokase Tourism Association

📍Kuraoka Kurara, Gokase Town, Nishiusuki District

🕒Free to view 👤 @2 spaces

⚠️Be cautious of possible rockfalls and fallen trees. Road is narrow.



Autumn
Foliage
Late October to early
November

Mimata Town

Nagata Gorge

A breathtaking scenic spot where colorful autumn leaves shine in a 10 km long canyon. Well-maintained trails are available and illuminated at night. Additionally, there are fun displays inspired by the legendary Kappa scattered throughout the trail!

☎0986-52-9085 🏠Mimata Town Tourism Association

📍6580-1 Nagata, Oaza, Mimata Town, Kitamorokata District

🕒Free to view 👤 @40 spaces



Kiwi
Mid-October
until sold out
depending on
harvest

Miyakonoyo City

Sekinoo Tourism Farm

A unique kiwi-picking experience awaits at a farm in Miyazaki! Locally grown kiwis are fresh and sweet!

☎0986-37-0701 📍6620-46 Sekinoo Town, Miyakonoyo City

🕒Open 9:00 – 17:00 🚫Closes sporadically

👉 Free admission Kiwi fruit 800 yen per kg 📅 @Available



Ginkgo
End of
November

Miyazaki City

Ginkgo Trees of the Sarukawa River

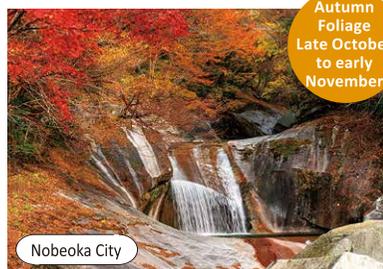
A magnificent ginkgo tree standing 41 meters tall with a trunk circumference of 10 meters. It is designated as a Natural Treasure of Japan.

☎0985-85-1178

🏠Cultural Affairs Section, Miyazaki City Board of Education

📍3704-1 Uchiyama, Takaoka Town, Miyazaki City

🕒Free to view 📅 @Available



Autumn
Foliage
Late October to early
November

Nobeoka City

Shishigawa Gorge

An extensive valley made of a single granite rock face. Enjoy tree bathing in summer and admire the autumn foliage in fall.

☎0982-47-3600

🏠Kitakata Town General Branch Office Regional Promotion Division

📍Kamishishigawa, Kitakata Town, Nobeoka City

🕒Free to view 📅 @Available

WINTER

Winter Outing December-February

Skiing
Mid-December to
mid-March

Gokase Town

Gokase Highland Ski Area

The southernmost natural ski resort in the country. Courses for beginners to advanced skiers and snowboarders are available, allowing everyone to enjoy skiing or snowboarding.

[Operational only during ski season]

☎0982-83-2144

📍4647-171 Kuraoka, Oaza, Gokase Town, Nishiusuki District

🕒From 8:00 – 16:30 (open daily during this period)

👤300 spaces



Autumn
Foliage
Late October
to early
November

Gokase Town

Unokono Falls

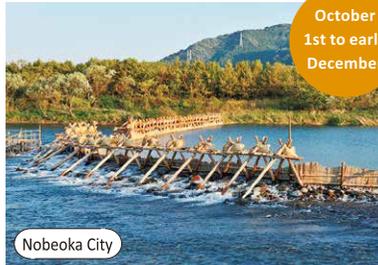
The impressive 20m waterfall with a vast 5,000m² basin offers a memorable experience at “Unokono Falls.” Make sure to wear slip-resistant shoes.

☎0982-82-1200 🏠Gokase Tourism Association

📍Sankasho, Gokase Town, Nishiusuki District

🕒Free to view 👤10 spaces

※ Photo shows view from the observation deck.
Visitors can drive to the observation deck by car.



October
1st to early
December

Nobeoka City

Suigo Nobeoka Ayuyana

Traditional fishing methods that exploit sweetfish migrating up river to spawn. Enjoy freshly caught sweetfish right there on the spot.

☎0982-20-0533 🏠Ayuyana Sasaki

📍3 Onuki Town, Nobeoka City 🕒Free to view

👤50 spaces



Zaronbai
End of
November to
mid-February

Shintomi Town

Yunomiya Zaronbai

One plum tree has multiplied into approximately 80 trees over the years, covering a field of 1,000 square meters. Now, it is designated as a National

☎0983-33-1022 🏠Shintomi Lifelong Learning Department

📍Yunomiya Zaronbai, Niita, Oaza, Shintomi Town, Koyu District

🕒Free to view 👤8 spaces



Ice Skating
End of
November to
late
February

Ebino City

Ebino Highland Prefectural Ice Skating Rink

An outdoor ice skating rink at an altitude of 1,200 meters. Skates and gloves are available for rent.

☎0984-33-0161 🏠Ebino Kogen Hotel

📍1489 Suenaga, Oaza, Ebino City

🕒9:00 – 17:00 (last admission at 16:00, open daily)

👤Adults: 1000 yen, middle and high school students:

800 yen, elementary school students: 600 yen

👤50 spaces



Japanese
Camellia
December to
March

Nobeoka City

Camellias at Shiroyama Park

One of the top three Japanese camellia clusters in Japan, boasting 108 varieties and 3,300 plants. All colors of camellia can be found here.

☎0982-29-2155 🏠Nobeoka Tourism Association

📍178-Gai Higashihonkoji, Nobeoka City (Shiroyama Park)

🕒Free to view 👤About 140 spaces



Plum
Mid-February

Kunitomi Town

Manpuku Temple

Experience a garden crafted with wood from century-old camellias, Yoshino stones, and Kyoto's white river sand.

☎0985-75-2626 🏠Manpuku Temple

📍2097 Honjo, Kunitomi Town, Higashimorokata District

🕒9:00 – 16:00 👤15 spaces



Festivals and events

You'll find traditional charm and natural beauty throughout the year in Miyazaki Prefecture. There are many vibrant festivals and historic events to experience.

Late March to early April



Miyazaki City

Amagashiro Castle Opening Cherry Blossom Festival

Over 1,200 cherry blossom trees are illuminated during the season, offering a vibrant spectacle. Additionally, 50,000 azaleas bloom in early April.

☎0985-82-1111

📍Amagashiro Castle Opening Cherry Blossom Festival Executive Committee

Late April to mid-May



Miyazaki City

Miyazaki International Music Festival

Top-class performers from around the world gather in Miyazaki for the Miyazaki International Music Festival, where a diverse lineup of programs is offered each year.

☎0985-28-3208

📍Miyazaki Prefectural Arts Theater

Third Friday and Saturday of April



Nobeoka City

Nobeoka Daishi Festival

One of the three major spring festivals of Kyushu, where participants pray for good health and the well-being of local communities. During this festival, processions fill the city with activity.

☎0982-33-6666

📍Nobeoka Daishi Festival Support Association

From late May to early June



Kobayashi City

Ide no Yama Park Firefly Festival

Ide no Yama Park. During the Firefly Festival, about 1,500 Genji fireflies dance through the park.

☎0984-22-8684

📍Kobayashi Town Development Corporation

Early July



Misato Town

Onda Matsuri

This rice planting festival is said to have been held since the Heian period. The "Ushiuma Ire" ceremony is an impressive event in which participants pray for a good harvest while kicking up mud.

☎0982-66-3603

📍Onda Matsuri Organizing Committee

July 8th and 9th



Miyakonojo City

Okage Festival

Featuring splendid lantern floats, an impressive 2.5 meters wide "Okage Taiko" drum, and the lion dance.

☎0986-21-4835

📍Okage Festival Promotion Association

August, December



Miyazaki City

Gourmet and Lantern Night

In August, over 10,000 lanterns light up the night sky for the "National Culinary Expo." There are also public illuminations in December.

☎0985-23-1510

📍Florante Miyazaki

1st Friday and Saturday of August



Hyuga City

Hyuga Hyottoko Summer Festival

People wearing masks perform humorous dances. More than 2,000 dancers gather from all over the country.

☎0982-55-0235

📍Hyuga Hyottoko Summer Festival Organizing Committee

Fourth Saturday of August



Kushima City

Cape Toi Fire Festival

Throw torches at a 30-meter-tall pine tree shaped like a giant snake, and ignite the fireworks placed at the very top of the tree.

☎0987-72-0053

📍Kushima Revitalization Committee

Mid-October



Nichinan City

Obi Castle Town Festival

Day 1 features a performance of traditional local dances. Day 2 features a procession of warriors and a "Picture Scroll Parade."

☎0987-31-1134

📍Obi Castle Town Festival Support Organization

Late October



Takanabe Town

Takanabe Castle Lantern Festival

More than 8,000 lanterns line up to create a magical landscape. Enjoy regional cuisine at this food festival.

☎0983-22-5588

📍Takanabe Town Tourism Association

Late October to early November



Miyazaki City

Grand Festival of Miyazaki Shrine (Emperor Jimmu)

The grand autumn festival of Miyazaki Shrine, lovingly referred to as "Emperor Jimmu." Processions during this festival wind through the city.

☎0985-22-2161

📍Miyazaki Shrine Goshinko Festival Support Bureau

First weekend of November



Saito City

Saito Tomb Festival

Group participation is encouraged during the "Taimatsu Procession" where approximately 500 people walk for about 4 kilometers. The "Festival of Flames" is also incredibly enchanting!

☎0983-41-1557

📍(company) Saito City Tourism Association

Second weekend of November



Shiiba Village

Shiiba Heike Festival

Experience the Heian Era as samurai armor and dazzling twelve-layer kimono come to life right before your eyes.

☎0982-67-3203

📍Shiiba Village Regional Revitalization Department

Mid-January



Miyazaki City

Aoshima Shrine Naked Pilgrimage

In the cold winter, young people and shrine worshippers dive into the sea in front of Aoshima Shrine wearing white robes and loincloths, praying for good health and safety.

☎0985-65-1262

📍Aoshima Shrine

Fridays, Saturdays, and Sundays in late January



Misato Town

Winter Festivals

A majestic sight upholding a millennium-old ritual. Here, bonfires are lit to greet princes, and there are rare customs like ink face painting.

☎0982-59-0556

📍Shosoin West Administration Building

From late February to early March



Aya Town

Aya Hinayama Festival

A unique custom of Aya Town, where doll displays are integrated into the natural scenery during the Hinamatsuri festival. Collect a stamp from each one you visit!

☎0985-77-0017

📍Hinayama Festival Executive Committee Office

First Weekend of February



Ebino City

Kyomachi Futsukaichi

A shopping festival with over 100 years of history, and the largest in southern Kyushu. Over 100,000 shoppers from all over Japan visit this popular event.

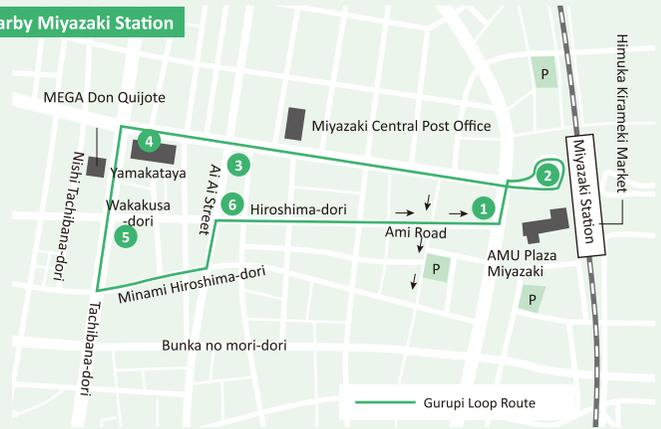
☎0984-35-1544

📍Ebino City Chamber of Commerce

Town info.

Introducing convenient places and shops around Miyazaki City.

Nearby Miyazaki Station



Enjoy a comfortable ride every 15 minutes with the “Gurupi” sightseeing bus!

Explore six stops around Miyazaki Station on the first electric low-speed bus service in western Japan. Seats up to 9 people.

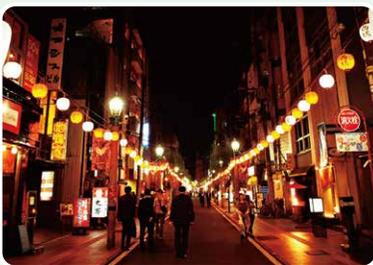
Fare: 1 ride 100 yen

※Children under elementary school age are free

※Please check the timetable for changes. Check the note on the right for details.



Timetable



Nishitachi (Nishi Tachibana Dori)

Head down to the bustling downtown area of Miyazaki City where you'll find a variety of restaurants. When you want to try local specialties, head here first.



Amu Plaza Miyazaki

Convenient shopping mall adjacent to JR Miyazaki Station. A variety of clothes boutiques, supermarkets, dining options, and souvenir stores can be found here.



Aeon Mall Miyazaki

Kyushu's largest shopping mall, containing over 230 stores catering to all needs, from fashion to cuisine to entertainment.



A bustling street with more than 1000 shops

☎0985-44-5111
 ◎[Merchandise and Services] 10:00 to 20:00
 [Dining] 11:00 to 21:00 ※May vary by establishment.
 [Ocean Museum] 2-2-22 Oimatsu, Miyazaki City
 [Yamakan] 2-11-11 Hiroshima, Miyazaki City
 [Himuka Kirameki Market] 1-8 Nishiki Town, Miyazaki City
 ◎Open 24/7

☎0985-60-8000
 ♣862-1 Eguchi, Beppu Town, Miyazaki City
 ◎Specialty Store Road: 10:00 to 21:00
 [Dining] 10:00 to 22:00
 [Aeon Style] 9:00 to 22:00
 [Movie] 9:00 to 24:00 ◎Always open ◎4300 spaces

Miyazaki traditional shochu, local beers, and wineries Handmade by artisans

With its glistening sea and vibrant landscapes, Miyazaki is home to a thriving variety of local crafts, thanks to its abundant natural resources. One of those crafts is alcohol.

In addition to being the top seller of authentic shochu* in the country for 11 years, Miyazaki is also home to local beer breweries and wineries. Each product is carefully made using traditional methods, and the time and effort put into the flavor is a point of pride for Miyazaki.

Travelers can visit many businesses to observe handmade manufacturing processes.

*From 2014 to 2025, according to a Japan Sake and Shochu Makers Association survey

Brewery experiences in Miyazaki

Award-winning beer brewed in one of Kyushu's elite breweries

Hideji
Beer



Nobeoka City

Hideji Brewery

Take a tour and see the brewery from behind glass windows as you listen to workers explain their process. You can enjoy tasting fresh beer right where it's produced.

☎0982-39-0090 📍747-58 Mukabaki Town, Nobeoka City
🕒10:00 – 17:00 🚫Closed during New Years
[Visit Information] No reservation required
(reservations for groups of 10 or more are available via website). Tasting and purchase available (sample two small cups for 700 yen).

※Kuri Kuro Dark Chestnut Ale / Made with chestnuts from Miyazaki, this rich dark beer has won three championships at the World Beer Competition. We recommend enjoying it at room temperature rather than chilled. You can also drizzle it over vanilla ice cream for an adult dessert.



Breweries to visit

including restaurants and souvenir shops, etc.

Enjoy factory tours that are fun for everyone, from adults to children! Hands-on factory tour

Kirishima Brewery



Miyakonojo City

Shochu no Sato Kirishima Factory Garden

A complex operated by Kirishima Brewery, which boasts the highest sales for authentic Japanese shochu in Japan. Visitors can enjoy factory tours, restaurants, bakeries, and a museum all in one place. In spring of 2026, this brewery will also feature a first-time collaboration with Starbucks.

☎0986-21-8111 (9:00 – 17:00)

📍5480 Shihida Town, Miyakonojo City

🕒9:00 – 21:00 (hours may vary by facility)

🕒Open every day

(temporary closures may occur, bakery closed on Tuesday)

Sakura no Sato Brewery

You can also make blended shochu.



Kagura Sake Brewery

Using tunnels to let shochu mature slowly



Nichinan City

Mini Brewery and Shochu Dojo with hands-on tour

Sakura no Sato brewery, renowned for crafting high-quality shochu both domestically and internationally. At “Shochu Dojo,” you can experience creating your own unique blended shochu.

☎0987-55-4134 📍888 Gonoharaka, Kitago Town, Nichinan City

🕒10:00 – 16:00 🕒Closed during New Years

Takachiho Town

Tunnel Station

A specialty goods shop in Takachiho offering local products and traditional crafts. The grounds include a warehouse made from an actual tunnel where about 500 casks of barrel-aged shochu are aging. Don't miss the free tasting area and limited-edition shochu!

☎0982-73-4050 📍2221-2 Shimonoakaishi, Oaza, Takachico Town, Nishiusuki District

🕒9:00 – 17:30

🕒Closed on the first Wednesday of the month

(if a holiday falls on the first Wednesday, it will be the second Wednesday)

List of sake breweries to visit in Miyazaki Prefecture

Facility Name	TEL	Location	Reserve a tour	Sample drink
Himeizumi Brewery	☎0982-87-2016	3380-1 Iwaigawa, Oaza, Hinokage Town, Nishiusuki District	Reservations required	○
Sato Shochu Manufacturing Plant	☎0982-33-2811	2388-1 Horimachi, Nobeoka City	Reservations required	○
Akugare Distillery	☎0982-68-3550	212-1 Yamageshin, Togo Town, Hyuga City	Reservations required	○
Ochiai Brewery	☎0985-55-3206	1626 Kyoshu Aza Maeda, Oaza, Miyazaki City	Reservations required	○
Oura Brewery	☎0986-37-3883	4113-1 Otsubo Town, Miyakonojo City	Reservations required	×
Suki Brewery	☎0984-48-2016	393-3 Sugimoto, Kōrin-cho	Reservations required	○
Meigetsu Brewery	☎0984-35-1603	61-1 Kurishita, Oaza, Ebino City	Reservations required	○

*Please note that tours may not be able to be accommodated in some cases.

Enjoy footage of sake brewing and other processes on a big screen.



Unkai Brewery



Aya Town

Kuramoto Aya Shusen no Mori

A facility directly operated by Unkai Brewery. Here, visitors can purchase a variety of sake and local specialties, as well as enjoy meals. Nearby, visitors can tour the “Aya Natural Storage Warehouse” (reservations required). Tasting sessions are available, and visitors can even create their own custom label with original text.

📍1800-19 Minamimata, Oaza, Aya Town, Higashimorokata District

🕒10:00 – 17:00

📅Closed on Monday and Tuesday (the following day if a holiday), Closed during New Years

Tsuno Vineyards

Learn about brewing on a brewery tour



Gokase Wine

Drop by for a casual factory tour and free tasting without a reservation!



Tsuno Town

Tsuno Winery (Winery Tour)

Visitors can enjoy vineyard and winery visits throughout the year on brewery tours. Tastings are also available. We also offer courses with light snacks included. Book a tour through the official website.

☎0983-25-5501 (only on weekdays)

📍14609-20, Kawakita, Oaza, Tsuno Town, Koyu District

🕒<Wine Shop> 9:30 – 17:00; 📅Open every day <Bakery> 10:00 – until sold out

📅Closed on Monday to Wednesday (operational days may vary on holidays)

[Visit Information] Reservations can be made through the official website

Gokase Town

Gokase Winery

A winery that makes wine using 100% locally grown Gokase grapes. The shop has a section where you can easily sample the wines.

☎0982-73-5477 📍4847-1 Kuwanouchi, Gokase Town, Nishiusuki District

🕒<Shop> 9:30 – 17:00 (December to February: 9:30 – 16:00)

<Restaurant> 11:00 – 15:00 (Last order at 14:00)

📅<Shop> Closed during New Year's Day and Christmas Day

<Restaurant> Closed on Wednesdays and Thursdays

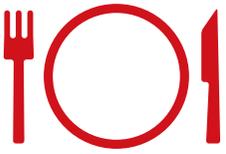
[Visit Information] No reservation needed (no explanation provided)

Tasting and purchases available

Facility Name	TEL	Location	Reserve a tour	Sample drink
Yamaya Distillery	☎0983-45-1013	10029 Sanno, Oaza, Saito City	Reservations required	○
Nishi no Miyako Agi-Hall (Kagura Brewery)	☎0983-32-0880	11365-1 Kanoda, Oaza, Saito City	Reservations required <small>*Available on weekdays only *Only the bottling process is viewable</small>	○
Nichinan Brewery Hall	☎0987-25-1677	2-1-10 Obi, Saito City	N/A	○
Brewhouses Ohtemon	☎0987-21-7717	898-8 Ofujiko, Kitago Town, Saito City	Reservations required <small>*Available on weekdays only</small>	○
Furusawa Brewery	☎0987-27-0005	4-10-1 Odotsu, Nichinan City	Reservations required	○
Sakura no Mine Brewery	☎0987-27-0271	1192 Kumagaiko, Oaza, Nichinan City	Reservations required	○
Jyukai Brewery <small>※Please confirm in advance before sample tasting</small>	☎0987-72-5611	1295 Kitakata, Kushima City	Reservations required <small>*Tours with only 2 to 3 people may not be possible</small>	○

*Please note that facilities offering brewery tours prioritize the health and safety of both customers and employees by implementing infection control measures.

There may be differences between the information given here and services actually provided.



Give it a taste

Enchanting Miyazaki Cuisine

Consistent top-tier Japanese flavor



Miyazaki Beef

The number one wagyu in Japan, having come first in multiple categories in four consecutive "Wagyu Olympics", the national beef judging event for wagyu across Japan held every five years.

Grilled over charcoal to bring out delicious smoky flavor



Grilled free-range chicken over charcoal

Grilled chicken over charcoal, a simple yet delicious dish. The local Miyazaki breed (jidokko) grilled over charcoal has the most authentic chicken flavor, and we recommend enjoying it with yuzu pepper.

An appetizing sweet and sour sauce



Chicken Nanban

Miyazaki's signature dish that needs no introduction. There are many variations on the dish, from the tartar sauce to the chicken cuts (thigh or breast), and each one is a hit with the locals.

Let the fluffy softness envelop you



Kamaage udon noodles

Softness is key for udon noodles in Miyazaki. Just make sure it's tender. Also, we soak the noodles in dashi made from katsubushi or kelp, as each shop has its own special broth. It goes down easily after drinking, making it perfect for a satisfying end to your meal.

Plump and juicy natural produce from September onward



Season is from September to November

Spiny Lobster

From September to November, visitors can enjoy the spiny lobster Festival along coastal towns. Savor various dishes such as sashimi, salt-grilled fish, and miso soup.

Add a flavorful accent!



Season is from March to May

Hyuganatsu

The fresh and zesty Hyuganatsu is a citrus fruit unique to Miyazaki Prefecture.

Sweetened by maturing in wood



Season is from January to March

Ripe Kumquat

Anyone who thinks kumquats are always sour must try Miyazaki's Tamatama fully ripe kumquats, which have a sweetness index of over 16°Bx!

Miyazaki cuisine is nurtured by the mountains and sea, rich in ingredients.

A never-ending list of local specialties and sweets.

And you'll find plenty of products labelled "Number One" or "Original."



Fresh bonito

Bonito

Nichinan City is the top producer of "one-hook katsuoobushi" in Japan. The popular "pole-and-line caught bonito of Nichinan" grilled over charcoal with sauce is a must-try. Available at 9 stores within Nichinan City.



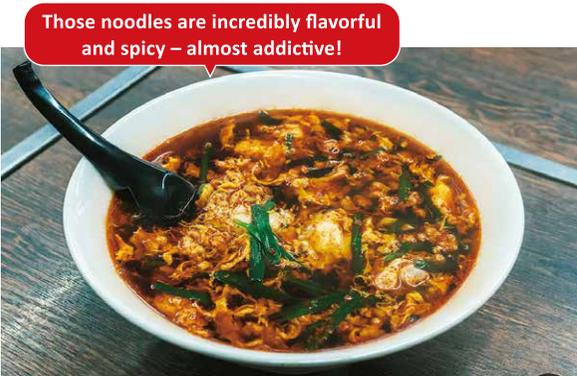
Stunning shape and melt-in-the-mouth sweetness

Season is from April to July

Mango

Miyazaki City, Saito City, and elsewhere

Fully ripe mangoes from Miyazaki Prefecture. Renowned for their "Taiyo no Tamago" brand, which meets strict criteria such as weight over 350g and sweetness above level 15 on the Brix scale.



Those noodles are incredibly flavorful and spicy – almost addictive!

Karamen (spicy ramen)

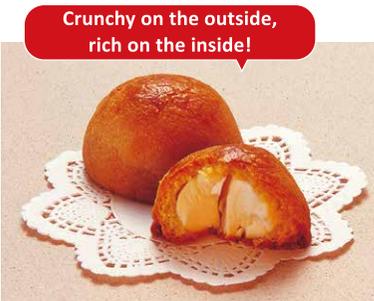
Take a sip of the deep red soup and feel the powerful impact! You can choose from multiple types of noodles depending on the store.



Crafted at 38 breweries

Miyazaki Authentic Shochu

Miyazaki is home to over 38 shochu distilleries with more than 500 varieties, including sweet potato, rice, barley, buckwheat, and even peppers. The average proof in Miyazaki is around 20.



Crunchy on the outside, rich on the inside!

Cheese Manju

Cheese manju are a distinctive Miyazaki pastry, made with cream cheese encased in cookie dough and baked.



Fruity fragrance and taste

Miyazaki Wine

Miyazaki wine makes up more than half of Kyushu's total wine production, and has received national acclaim and prestigious awards.



Even the foam is good! Local beer

Miyazaki Local Beer

Nice local beer with a smooth finish. Try unique flavors from sunburst mandarin to blueberry!



Tours and Experiences

Precious experiences with nature and culture that let you connect with the people at the heart of them.

Activities in Aoshima



Miyazaki City

Aoshima Activity Center

You can enjoy various activities by the sea in Aoshima. For water activities, there are twelve different options to choose from, including surfing and bodyboarding. For outdoor experiences, segway riding is also available.



①Experiences vary (e.g.: Stand-Up Paddleboarding; 1 hour for 3,900 yen • Hiking; 4 hours for 1,980 yen)
 Experience registration: Year-round.
 Experience location: 1-16-1 Aoshima, Miyazaki City (ANA Holiday Inn Resort Miyazaki)
 ☎0985-65-2947 ☎9:00 – 17:00
 ⓂWinter hours may vary

Feel the history of the prefectural office up close!



Miyazaki City

Miyazaki Prefectural Government Building

Guided tours showcasing the history and beauty of the prefectural office building.

[Scheduled Tour] ①Free Experience registration: First Sunday of each month (Third Sunday of January)
 ☎From 10:00 to 11:00 (Approx. 30-40 Minutes)
 Reservations: Not required Meeting place: Prefectural Government Main Building ※Please wait near the main entrance where volunteer guides are stationed. Or, you can go to the front gate and ask for the "Prefecture Tour" when you arrive.
 ☎0985-60-3911 ②Miyazaki Prefectural Government Building Tour Office

Beginners and winter travelers welcome!



Miyazaki City

Stand-up paddleboarding experience

Fun SUP experiences are available for beginners to enjoy.

①Adults 5,000 yen, elementary school students 2,500 yen
 ※Including wet suit rental Time: 9:00 – 16:00
 Experience registration: Year-round Capacity: 4 people
 Reservation: one week in advance
 Experience location: 2-233 Aoshima, Miyazaki City
 ☎0985-65-1055 ②Aoshima Beach Center Police Station
 ☎9:00 – 17:00 ⓂClosed on Wednesday

Steeped with care using Kirishima Rekkausu water



Miyakonojo City

Miyakonojo Tea Brewing Experience

Try brewing some flavorful Miyakonojo tea. Taste the different varieties steeped in cool or hot water.

①Adults 1500 yen (includes snacks) ☎10:00 – 15:00
 Experience registration: Year-round
 Number of Participants: 4–15 people
 Reservations: Until day prior
 Experience location: 3-4 Minami Takao Town, Miyakonojo City
 ☎0986-77-6943 ②Specialty Japanese Tea Shop & Café
 ☎10:00 – 17:00 ⓂClosed on Tuesday

A variety of farm experiences!



Miyakonojo City

Takachiho Farm

Enjoy hands-on farm experiences such as horseback riding and milking cows in a natural, picturesque setting.

①Prices may vary by activity (horseback riding starting at 800 yen; free cow milking, etc.)
 ②5265-103 Yoshinomoto Town, Miyakonojo City
 ☎0986-33-2102 ☎9:00 – 17:00

Adventure awaits on a deserted island!



Kadogawa Town

Have fun on the deserted Otojima Island

Explore the sea caves said to have been a pirate's hideout, and then go ashore.

①Adults 400 yen, children free (additional round-trip ferry fee: 2000 yen for middle school students and above, 1500 yen for elementary school students or younger). Time: No fixed schedule (consult with each ferry company). Experience registration: Year-round ※Please contact the Tourism Association one week in advance. Meeting place: Kadogawa Port or Iorigawa Port, Kadogawa Town, Higashiusuki District;
 ☎0982-57-4110 ②Kadogawa Town Tourism Association
 ☎8:30 – 17:00 ⓂClosed on weekends and holidays

Mythological sites



Nobeoka City

Hiking Mt. Kamisan

Visit the power spot “Mt. Kamisan” with a local guide.

①Per person 6,000 yen (for groups of 2 to 5)

Experience registration: Year-round **Capacity:** 2 people or more **Reservations:** up to 3 days in advance

Meeting place: Bijin no Yu at Hourigawa Onsen (10358-10 Kawachimyo, Kitagawa Town, Nobeoka City)

☎0982-27-6322 🏢Specific Non-Profit Corporation Himuka Sensation Experience World ⌚8:30 – 17:30

🚫Closed on weekends and holidays

A river for swimming and playing in the summertime!



Nobeoka City

A paddling adventure down the crystal clear streams of the Kogawa River

Paddle down the breathtakingly transparent waters of Kogawa River in a kayak.

①Adults 8800 yen (2 years and older);

Experience time: 2 to 3 hours

Experience registration: April to August*

Capacity: 3 to 40 people

Reservation: Up to 7 days in advance

Experience Location: Always available upon request

☎0982-27-6322 🏢Nonprofit Corporation Himuka Sensation World ⌚9:00 – 17:00

Rustic bamboo pots



Takachiho Town

Experience making Kappo Chicken!

Kappo Chicken is a hearty hotpot dish served in a bamboo vessel, and is a must-try local delicacy in Takachiho.

①1 person: 4,200 yen, 2 hour limit

Experience registration: Year-round*

Capacity: 2 people or more

Reservations: Up to one week in advance

☎0982-73-1800

🏢(company) Takachiho Town Tourism Association

⌚8:30 – 17:00

Limited-time sea of clouds viewing tour



Takachiho Town

Sea of Clouds Sunrise Tour

A tour up Kunimigaoka Hill at sunrise.

①1 person: 8,000 yen, 2 people: 4,000 yen (total 8,000 yen), 3 people: 2,800 yen (total 8,400 yen), etc.; (for ages 4 and up)

Time: Sunrise **Experience registration:** Year-round

Capacity: 1 person or more

Reservations: One week in advance

Meeting place: Pick-up at accommodation facility in Mitai Ward, Takachiho Town

☎0982-73-1800 🏢(company) Takachiho Tourism Association

⌚8:30 – 17:00

Enjoy private unlimited paper-making!



Morotsuka Village

Japanese paper-making experience

Enjoy paper-making to your heart's content in private sessions for one group. You can also make accessories and other trinkets from special Japanese paper.

①From 2000 yen per person for 1 hour 🕒Schedule may vary; Available by appointment only ⌚9:00 – 18:00

Experience registration: Year-round

Capacity: 4 people (registration starting from 1 person)

Meeting place: Morotsuka Washi Sukiya (Ieshiro, Oaza, Morotsuka Village, Higashiusuki District, Miyazaki Prefecture)

☎0982-65-0178 🏢(company) Morotsuka Tourism Association

Country-style konnyaku is delicious



Shiiba Village

Making konnyaku

Visit the nationally important cultural property “Tsurutomi Yashiki” to make and eat traditional countryside konnyaku.

①2,500 yen (4,000 yen with lunch)

※Includes takeout konnyaku; **Time:** 9:00 – 16:00;

Experience registration: Year-round

Capacity: 3 or more **Reservations:** One week in advance

Location: Ryuryu Hanhan Collaborative Work Experience Center (832 Fudono, Oaza, Shiiba Village)

You can create anything you like!



Shiiba Village

Pottery Experience

Visitors can make up to two items of their choice, using the “string method” and “ball method”. Please bring your own apron and towel.

①One person: 2,500 yen (approximately 2 hours)

Time: 9:00 – 17:00 **Experience registration:** Year-round

Capacity: 1 person or more **Reservations:** Up to 3 days in advance **Experience location:** Kozangama (409 Fudono, Oaza, Shiiba Village)

☎0982-67-5238 🚫Closed during Obon, New Year, etc.

Enjoy colorful underwater scenery



Nichinan City

Marine Viewer Nichinan

Enjoy tropical underwater scenery featuring coral and colorful tropical fish while onboard a boat.

①Adults: 2,400 yen, children aged 3 to elementary school: 1,200 yen. 🚫Not open on Wednesdays / one day per week.

②Every hour from 9:00 to 15:00 except for the 12:00 departure. **Experience registration:** Year-round (except during peak periods; inquiries by phone).

Minimum group size: 2 people. **Reservations** accepted on the same day if seats are available (inquire beforehand).

Meeting place: Tonourako Port (134-54 Katagami, Nango Town, Nichinan City) ☎0987-64-4288

Spectacular views on a cruise



Nichinan City

Nichinan Scenic Cruise

Enjoy breathtaking views of Horikawa Canal and the Nichinan Coast Quasi-National Park from the sea in this stunning cruise experience.

①Adults 6,600 yen, students (middle school to university) 5,500 yen, ages 3 to elementary school 4,400 yen (approximately 60 minutes)

Experience registration: 2 people Year-round **Minimum group size for adult rates:** 2 people

Reservations: day before **Meeting place:** near 3-11 Aburatsu, Nichinan City ☎0987-55-1666

🏢(Incorporated) Matsushima Marine Service

⌚8:00 – 16:00 🕒Hours may vary

Toasty Trips to a Hot Spring

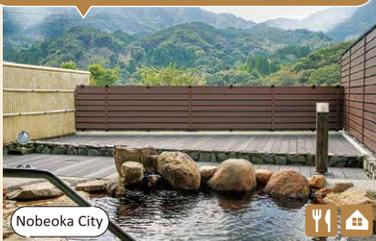
Hidden hot springs deep in the wilderness,
refreshing baths overlooking the ocean,
and charming outdoor baths surrounded by trees.
A range of hot springs await you,
offering different experiences and plenty of amenities.



-  Restaurants available for day trips
-  Accommodation facilities or places that offer accommodations
-  Rental hot spring available

※This information is for hot spring facilities only. Operating hours and closures for dining establishments, specialty shops, etc., may vary. Please check in advance before visiting.

Enjoy natural scenery in open-air baths



Nobeoka City



A railway station combined with a hot spring?



Hinokage Town



Stunning views of Kadogawa Bay from this high terrace hot spring



Kadogawa Town



Hourigawa Hot Spring Bijin no Yu

Enjoy unique views of autumn leaves and spring azaleas from the special outdoor baths!

☎0982-23-3080
📍10358-10 Kawachimyo, Kitagawa Town, Nobeoka City
🕒10:00 – 20:00 ⓂClosed on Thursdays (open on public holidays) ♫Adults: 520 yen, elementary school students: 310 yen 📞10 spaces

Hinokage Hot Spring Station

A repurposed abandoned railway station is now a hot spring. Enjoy outdoor baths and nearby “TR Train Inn” accommodations!

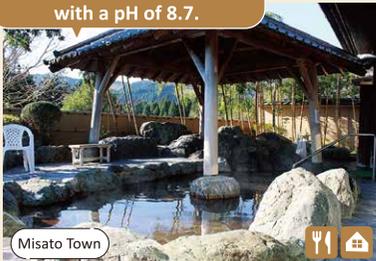
☎0982-87-2690 📍3235-5 Nanaore, Oaza, Hinokage Town, Nishiusuki District 🕒12:00 – 20:30 (closed at 21:00)
ⓂClosed on Mondays (open on public holidays) and Tuesdays ♫Adults: 600 yen, Middle school students: 400 yen, Elementary school students: 300 yen 📞50 spaces

Kadowagawa Hot Spring – Kokoro no Mori

Enjoy breathtaking outdoor baths, jetted tubs, medicinal springs, and electric heated baths.

☎0982-63-7780 📍1942 Iorigawa, Oaza, Kadogawa Town, Higashiusuki District 🕒10:00 – 21:00
ⓂClosed on the third Thursday of each month ♫Adults: 600 yen, Middle School Students: 310 yen, Age 4 to elementary school: 200 yen 📞120 spaces

Incredibly soft hot springs with a pH of 8.7.



Misato Town



Enjoy 19 different types of hot spring!



Kijo Town



A “beauty spring”, silky smooth for your skin



Nishimera Village

Nango Hot Spring Dontaro no Yu

A hot spring with a mystical backstory of suddenly gushing forth from behind Mikado Shrine.

☎0982-59-0100 📍151-1 Mikado, Oaza, Nango Ward, Misato Town, Higashiusuki District 🕒10:00 – 20:00
ⓂClosed on Thursday (following day if on a holiday); not specified ♫Adults: 520 yen, Middle school students: 320 yen, Ages 4 to elementary school: 210 yen 📞53 spaces

Takajo Hot Spring Inn Yurara

Relax with a soak in various baths tailored for stress relief, beauty, etc. Five purpose-specific courses.

☎0983-32-2525 📍1403-1 Takajo, Oaza, Kijo Town, Koyu District 🕒10:00 – 21:00 (last entry at 20:30 pm)
ⓂClosed on Tuesday (following day if on a holiday) ♫Adults: 600 yen, Elementary school students: 300 yen 📞220 spaces

Nishimera Hot Spring Yutaato

There are outdoor public baths like the stone “Kawa no Yu” and cypress wood “Tai no Yu,” as well as a private stone bath named “Nagomi no Yu.”

☎0983-41-4126 📍260-6 Murasho, Oaza, Nishimera Village, Koyu District 🕒10:00 – 21:00 ※(until 22:00 on the 7th through 9th) ⓂClosed on Wednesday and January 1st ♫Adults: 500 yen, elementary and middle school students: 250 yen (additional 1500 yen for private baths every 60 minutes) 📞50 spaces

Enjoy an open-air bath, too!



Miyazaki City



Miyazaki Kanko Hotel

Enjoy the open air hot springs and large indoor bath at “Tamayura no Yu.”

☎0985-27-1212 ♡1-1-1 Matsuyama, Miyazaki City

🕒15:00 – 22:00 (last admission at 21:30)

※Special inspection monthly from 16:00

🕒Open every day ♫Adults: 1200 yen, Children age 3 to elementary school: 600 yen

Private outdoor baths available with advance booking



Miyazaki City



Sosanji Hot Spring Honoka no Yu

A private hot spring facility with 14 rooms, each featuring an indoor cedar bath and a Shigaraki earthenware outdoor bath.

☎0985-66-0591 ♡3729-1 Katanoda, Ozakae,

Miyazaki City 🕒10:00 – 23:00 ※Advance reservations

possible via web or phone 🕒Open every day

🕒60 minutes for 2,500 yen. Special rooms cost 3,500 yen (with 90- and 120-minute options available) 🕒19 spaces

Enjoy views of the Hyuga Nada Sea through a wall of windows



Miyazaki City



ANA Holiday Inn Resort Miyazaki

Enjoy panoramic views of the horizon from the large bath area where you can experience the Aoshima Hot Springs.

☎0985-65-2929 (Representative)

🕒1-16-14 Aoshima, Miyazaki City 🕒11:00 – 21:00

🕒Open every day ♫Adults: 1100 yen, children from age

4 to elementary school: 550 yen

Don't miss the beautiful public bath walls!



Miyazaki City



Aoshima Fishermen's Beachside Hostel & Spa

Enjoy a variety of baths including outdoor hot springs, saunas, and private baths, all featuring high-quality water.

☎0985-77-5525 ♡3-1-53 Aoshima, Miyazaki City

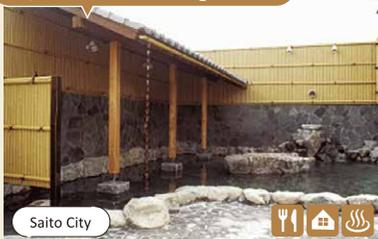
🕒6:00 – 22:00 (last entry at 21:30, last rental registration

by 21:00) 🕒Open every day ♫Adults: 700 yen, Children

age 6 to 12: 450 yen (Rental baths: 60 minutes for 1800

yen ※Reservation required)

Spring water gushes from 1,000 meters below ground.



Saito City



Saito Hot Spring

There are bathhouses with both Japanese and Western-style outdoor baths, open to men and women on alternate weeks.

☎0983-43-1000 ♡1355-1 Tsukidono, Oaza, Saito City

🕒10:00 – 22:00 🕒Closed on Wednesday

♫Adults: 660 yen, Elementary school students: 300 yen

(rental bath is 2,000 yen for 3 hours) 🕒150 spaces

Natural springs emerge from 1,483 meters underground



Saito City

Gensenkake Nagashi Hot Spring Tsuma Yu

Experience a hot spring with a flow of 300 liters per minute, and enjoy 100% from-the-source hot spring water in outdoor baths and spacious bathing areas.

☎0983-32-1108 ♡687-5 Tsukidono, Saito City

🕒10:00 – 22:00 🕒Closed on Tuesdays (open on public

holidays) ♫Adults: 900 yen, Children age 3 to elementary

school: 500 yen 🕒180 spaces

Feel warm in your body and soul at Shintomi Hot Spring.



Shintomi Town

Shintomi Town Sun Lupinus Hot Spring and Health Center

A hot spring that warms your body from the inside out, offering effects thought to prevent aging and lifestyle-related diseases.

☎0983-33-1000 ♡1859-1 Minashiro, Oaza, Shintomi

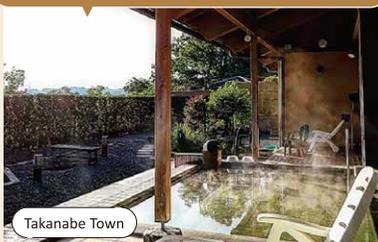
Town, Koyu District 🕒10:00 – 22:00 🕒Closed one third

Monday of the month (following day if on a holiday)

♫Adults: 500 yen, Children in middle or elementary

school: 300 yen 🕒50 spaces

Enjoy delicious meals at all the hot springs



Takanabe Town

Takanabe Hot Spring Meirin no Yu

Enjoy the spacious bathing hall with various soaking options and a dining area.

☎0983-23-2626 ♡6900 Kamie, Takanabe Town, Koyu District

🕒8:00 – 20:00 (last entry at 19:30)

🕒Closed on Thursday (Wednesday if on a holiday)

♫Adults: 700 yen, Elementary school students: 300 yen

(Private rental baths: 60 minutes for 2500 yen

※Reservation required) 🕒108 spaces

Enjoy 26 different bathing options



Miyakonojo City

Kakashi no Sato – Yupoppo

Enjoy a panoramic view of Mount Takachiho from the open-air bath – 26 baths in total. Private rental baths are available in 12 rooms.

☎0986-64-3711 ♡3340-2 Nakagirishima, Yamada Town,

Miyakonojo City 🕒9:00 – 22:00 (last entry at 21:00)

※Sundays: January 1st and 3rd from 7:00

🕒Closed on 2nd and 4th Tuesday of the month

♫Adults: 420 yen, Children age 3 to middle school: 210 yen

[Private rental baths are 1,470 yen for 60 minutes, available

from 15:00 to 22:00 (last entry at 21:00)

※Open from 9:00 on weekends and holidays] 🕒370 spaces

A hot spring facility featuring a gym



Miyakonojo City



High end relaxation including a hot spring.



Miyakonojo City



Ogon no Yu, selected as one of Japan's 100 most famous hot springs



Takaharu Town



Laspa Takazaki

Well-equipped hot spring facilities with overnight accommodations.

☎0986-62-5526 📍1332-8 Omuta, Takasaki Town, Miyakonojo City ☎Open 7:00 – 21:00

ⓂClosed on Thursday (may vary on holidays) ♫Adults: 450 yen, Elementary school: 250 yen, Age 3 to preschool: 130 yen 📄200 spaces

A sparkling carbonated spring with history



Takaharu Town



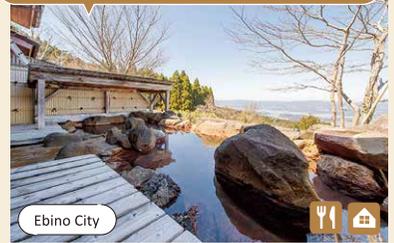
Relax and rejuvenate with a Nordic sauna



Kobayashi City



The spring where Saigo Takamori relaxed his body and mind



Ebino City



Yu no Moto Hot Spring

Legend has it that even the gods are enchanted by this hot spring. A rare spring among Japanese baths for its high carbonic acid concentration.

☎0984-42-3701 📍7535 Kamamuta, Oaza, Takaharu Town, Nishimorokata District ☎Open 10:00 to 21:00 (last entry at 20:30) ⓂClosed on Wednesday ♫Adults: 650 yen, children aged 3 to elementary school: 300 yen 📄40 spaces

Kajika no Yu

A hot spring complex nestled in the mountains. The steam sauna is particularly renowned here.

☎0984-48-2480 📍412-6 Suki Oaza Shimoda, Kobayashi City, ☎10:00 – 21:00 ⓂClosed every second and fourth Thursday ♫Adults: 500 yen, elementary school students: 250 yen 📄60 spaces

Shiratori Hot Spring Upper Baths

Stunning bath overlooking the basin below as well as the natural Hell Valley steam bath.

☎0984-33-1104 📍1470 Suenaga, Ebino City ☎7:00 – 20:00 ⓂClosed on the 1st Tuesday of the month ♫Adults: 500 yen, elementary school age children: 250 yen 📄25 spaces

Outdoor bath gardens surrounded by greenery



Ebino City



Relax and rejuvenate in our hot springs and leisure rooms



Nichinan City



Stunning views of the sea and mountains from an open-air bath



Nichinan City



Kyomachi Kanko Hotel

Experience a garden-style outdoor hot spring bath designed and constructed by a landscape gardener, and with 100% continuously flowing spring water!

☎0984-37-1231 📍669 Mukae, Oaza, Ebino City ☎7:00 – 22:00 (last entry at 21:00) ⓂClosed one Monday and Thursday: 9:00 to 15:00 – closed for disinfection ♫Adults: 500 yen, Children age 3 to elementary school: 200 yen (Private rental bath: 60 minutes for ¥1,500) 📄30 spaces

Natural Hot Spring – Sun Cherry Kitago

100% natural hot springs gushing from 800 meters underground are known to leave your skin silky and smooth after a soak.

☎0987-67-4737 📍1519-1 Odoko, Kitago Town, Nichinan City ☎[Grand Bathing Hall] 11:00 – 20:00 ⓂClosed on 2nd and 4th Monday of every month ♫Adults: 600 yen, elementary school age children: 300 yen (Reservation required for private rental baths: 2,500 yen for 60 minutes) 📄50 spaces

Hachi no Su Koen Cottage

Nestled among the nature of Kitago stands a cottage with a hot spring. Day trip relaxation visits are also available.

☎0987-55-3828 📍2850-1 Gonoharako, Kitago Town, Nichinan City ☎[Hot Spring Day Trip] 10:00 – 15:00 (excluding weekends during peak season) ⓂOpen every day ♫[Hot Spring Day Trip] 8,000 yen (for 2 to 10 people) 📄2 spaces

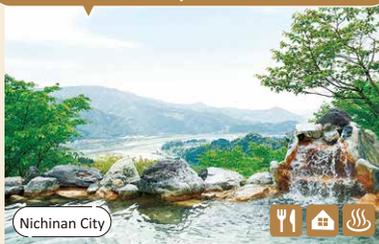
Famous hot springs renowned across Kyushu



Nichinan City



Stunning views of the sea and mountains from an open-air bath



Nichinan City



Enjoy the accommodations and dining at this hot spring facility



Kushima City



Kitago Hot Spring – Marushinso

Spring water poured directly from the source offers a bath so gentle that you can even drink it.

☎0987-55-2953 📍3619-2 Odoko, Kitago Town, Nichinan City 🕒11:00 – 19:50 (last entry at 19:00)
 🗓️Holidays may vary 🍷Adults: 500 yen, elementary school age or younger: 300 yen 🛋️20 spaces

Hotel Nichinan Kitago Resort

Amazing views from the open-air bathtub, and a spacious bathhouse filled with natural light.

☎0987-55-3333 📍2821-1 Gonoharako, Kitago Town, Nichinan City 🕒10:00 – 22:00 (last entry at 21:00)
 🗓️Holidays may vary 🍷Adults: 700 yen, elementary school students: 450 yen (※Prices may vary on weekends, holidays, and special days) ※Private rental bath: 60 minutes for 2700 yen (including bathing fee, reservation required)
 🛋️About 250 spaces

Kushima Hot Spring Ikoi no Sato

This spring water rich in bicarbonate ions is highly esteemed. The facility also features rooms for accommodation.

☎0987-75-2000 📍987 Honjo, Oaza, Kushima City 🕒7:00 – 22:00 (last entry at 21:30) 🗓️Closed on the 3rd Wednesday of the month 🍷Adults 500 yen, elementary school students 300 yen 🛋️150 spaces

Hot Spring Facility	Location	Telephone Number	Operating Hours	Closed	Bathing Fee
Gokuraku no Yu – Miyazaki Branch 🍷	1-3-22 Takachiho Road, Miyazaki City On the 2nd floor of Aceland	☎0985-61-4126	From 9:00 – 1:00 the following day (last entry next day at 00:20; 7:00 on Saturdays, Sundays, and holidays)	Holidays may vary (about twice a year)	Adults: 800 yen, children age 3 to elementary school: 450 yen
Miyazaki City Ishizaki no Mori Kangeikan 🍷	8-1 Shimonaka, Sadowara Town, Miyazaki City	☎0985-62-7757	10:00 – 21:00	Monday (open if holiday)	Adults: 510 yen, elementary, junior high, and high school students: 260 yen, ages 3 and under: 100 yen
Hotel Aoshima Cinq Male 🏠	7408 Oriuzako, Oaza, Miyazaki City	☎0985-55-4390	10:30 – 21:00 (last entry at 20:00)	Holidays may vary	Adults: 700 yen, children age 3 to elementary school: 400 yen (On weekends and holidays, Adults: 900 yen, children age 3 to elementary school: 500 yen)
Natural Hot Spring “Momo no Yu” 🏠	2-23-1 Matsuyama, Miyazaki City	☎0985-61-1188	12:00 – 22:00 (Sunday until 21:00)	N/A	Adults: 500 yen, elementary school students: 250 yen
Cosmos Hot Spring	1130-79 Minaminishikata, Oaza, Kobayashi City	☎0984-22-7085	10:00 – 21:00	Thursday	Adults: 500 yen, elementary and middle school students: 300 yen, ages 4 and younger: 200 yen
Kannon Sakura no Sato 🏠	4195 Ishiyama, Takagi Town, Kiyakonojo City	☎0986-29-2100	7:00 – 21:00	Wednesday (may vary on holidays)	Adults: 420 yen, elementary school students: 210 yen
Nemu no Ki Hot Spring	9-11 Hirohara Town, Miyakonojo City	☎0986-24-8950	17:15 – 22:00	N/A	Adults: 500 yen, students: 350 yen, elementary school students and younger: 300 yen
Akishige Yu	146-1 Oazaura, Ebino City	☎0984-37-1171	10:00 – 15:00 (last entry at 14:00)	From the 7th to the 9th of each month, and September 27th and 28th	Adults: 500 yen, children aged 3 to elementary school: 300 yen
Sanroku Hot Spring	583-1 Mukae, Oaza, Ebino City	☎0984-37-0237	7:00 – 19:00	N/A	Adults: 350 yen, elementary school students: 130 yen, children under elementary school age: 60 yen
Kakuto Hot Spring 🍷 🏠	152 Nishinagaaura, Oaza, Ebino City	☎0984-35-1230	15:00 – 20:00	Holidays may vary	Adults: 350 yen, elementary school students: 130 yen, young children: 60 yen
Shiratori Hot Spring Lower Baths 🍷 🏠 🌊	1470 Suenaga, Ebino City	☎0984-33-3611	7:00 – 20:00	Every Third Tuesday	Adults: 500 yen, elementary school students: 250 yen (Private rental bath: 1 Room for 60 Minutes is 1520 yen / open from 9:00)
Fukiage Hot Spring 🏠	427-2 Okamatsu, Ebino City	☎0984-37-0791	10:00 – 20:30	Every first and third Wednesday January 1st	Adults: 300 yen, elementary school students: 150 yen

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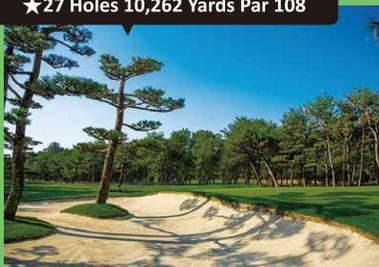


Enjoy golf under the sunny blue sky in Miyazaki.

Play under the big blue sky for an invigorating experience. There are beginner-friendly as well as pro-level competition courses available.

GOLF

★27 Holes 10,262 Yards Par 108



Miyazaki City **Phoenix Country Club**

Prestigious Japanese golf course where the Dunlop Phoenix Tournament is held.

📍3083 Hamayama, Shiojiazawa, Oaza, Miyazaki City
☎0985-21-1301

★18 Holes 7,039 Yards Par 72

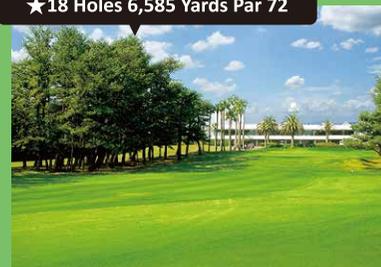


Miyazaki City **UMK Country Club**

Host the "AXA Ladies" professional female golf tournament. Just 40 minutes from the airport and 20 minutes from the city center – a prime location!

📍2055 Sakanoshita, Niiazumeaza, Miyazaki City
☎0985-39-7777

★18 Holes 6,585 Yards Par 72



Miyazaki City **Miyazaki Country Club**

The oldest tournament course in the prefecture. Adjacent to the airport and only 20 minutes from the city center! Host of the "Ricoh Cup."

📍4855-90 Takichi, Miyazaki City
☎0985-56-4114

List of Golf Courses in Miyazaki Prefecture (by region and alphabetical order)

Region	Name	Location	Telephone	Region	Name	Location	Telephone
Central Prefecture	Aiwa Miyazaki Resort Golf Club & Hotel	105 Higashikaminaka, Oaza, Sadowara Town, Miyazaki City	0985-74-3611	Central Prefecture	Miyazaki Public Golf	4979-58 Matsuzaki, Tayoshiazawa, Oaza, Miyazaki City	0985-56-3355
Central Prefecture	Aoshima Golf Club	4180 Otani, Oryuzakooaza, Oaza, Miyazaki City	0985-65-1001	Central Prefecture	Miyazaki Lakeside Golf Club	1331-1 Imaizumihe, Oaza, Miyazaki City, Kiyotake Town, Miyazaki City	0985-85-8585
Central Prefecture	Oyodo River Golf Course	385-2 Atoe, Miyazaki City	0985-48-1934	Northern Prefecture	Kitakata Golf Club	1566 Kasashitatora, Kitakata Town, Nobeoka City	0982-38-0006
Central Prefecture	Tom Watson Golf Course	Hamayama, Hamazaki Town, Miyazaki City	0985-21-1301	Northern Prefecture	Nobeoka Golf Club	1161 Urashiro Town, Nobeoka City	0982-43-0101
Central Prefecture	Hibiscus Golf Club	21085-1 Shimotajima, Oaza, Sadowara Town, Miyazaki City	0985-73-0109	Northern Prefecture	Mimitsu Country Club	417-94 Yamageko, Oaza, Togo Town, Hyuga City	0982-58-1414
Central Prefecture	Hitotsusegawa Prefectural Golf Course	2591 Nitta, Oaza, Shintomi Town	0983-33-5585	Western Prefecture	Takaharu Golf Club	6017 Hirohara, Takawara Town	0984-42-0376
Central Prefecture	Miyazaki Oyodo Country Club	1021 Yuigasako, Nagamineaza, Oaza, Miyazaki City	0985-48-3000	Western Prefecture	Miyakonojomocho Country Club	6328 Sekinoo Town, Miyakonojo City	0986-24-3420
Central Prefecture	Miyazaki International Airport Country Club	5030-2 Tanocho Otsu, Miyazaki City	0985-86-0770	Western Prefecture	Miyazaki Kobayashi Country Club	1131 Minaminishikata, Kobayashi City	0984-23-3111
Central Prefecture	Miyazaki International Golf Club	6634-1 Shimotajima, Oaza, Sadowara Town, Miyazaki City	0985-73-1606	Western Prefecture	Regent Miyazaki Country Club	4423-4 Nakakirishima, Yamada Town, Miyakonojo City	0986-33-1500
Central Prefecture	Miyazaki Golf Club	3163 Sanmyo, Oaza, Kunitomi Town	0985-75-3131	Western Prefecture	Rainbow Sports Land Golf Club	4474 Ishiyama, Takagimachi, Miyakonojo City	0986-58-3900
Central Prefecture	Miyazaki Zaronbai Golf Club	17605 Nitta, Oaza, Shintomi Town	0983-35-1311	Southern Prefecture	Nichinan Kitago Country Club	2821-1 Gonoharako, Kitago Town, Nichinan City	0987-55-4177
Central Prefecture	Miyazaki Sunshine Country Club	11538-1 Higashikaminaka, Sadowara Town, Miyazaki City	0985-74-3636	Southern Prefecture	Nichinan Kushima Golf Course	Honjo, Kushima City	0987-71-3111

A surfer's paradise with 400 km of coastline.

From the Nippou Coast to the Nichinan Coast, discover stunning rias-style coastlines and sandy beaches. Enjoy waves perfect for surfing or SUP. Plenty of trendy cafes and shops have sprung up along the coast, making driving through the area enjoyable in itself. For both repeat visitors and surfing beginners, plenty of classes are available.

There are many other surf spots as well!



SURFING AND MARINE SPORTS



Hyuga City

Kanegahama

A must-visit surfer's paradise. The waves are high, so this site is best for intermediate to advanced surfers.

📍Hiraiwa, Oaza, Hyuga City



Hyuga City

Okuragahama

Famous for consistently favorable waves. Great for beginners to practice.

📍Hiraiwa, Hyuga City



Takanabe Town

Kaguchiura

Major surfing competitions are held in July and November. Enjoy a wide range of activities including swimming in the sea and digging for clams.

📍Kaguchiura, Takanabe Town



Miyazaki City

Kisakihama Beach

A surf spot serving as the host location for many world competitions. Here, beach breaks offer year-round fun and are relatively far apart.

📍Kumano, Miyazaki City



Miyazaki City

Aoshima Seaside Bathing Area

A calmer beach that's also great for swimming. A perfect place for beginners.

📍Miyazaki City, Aoshima



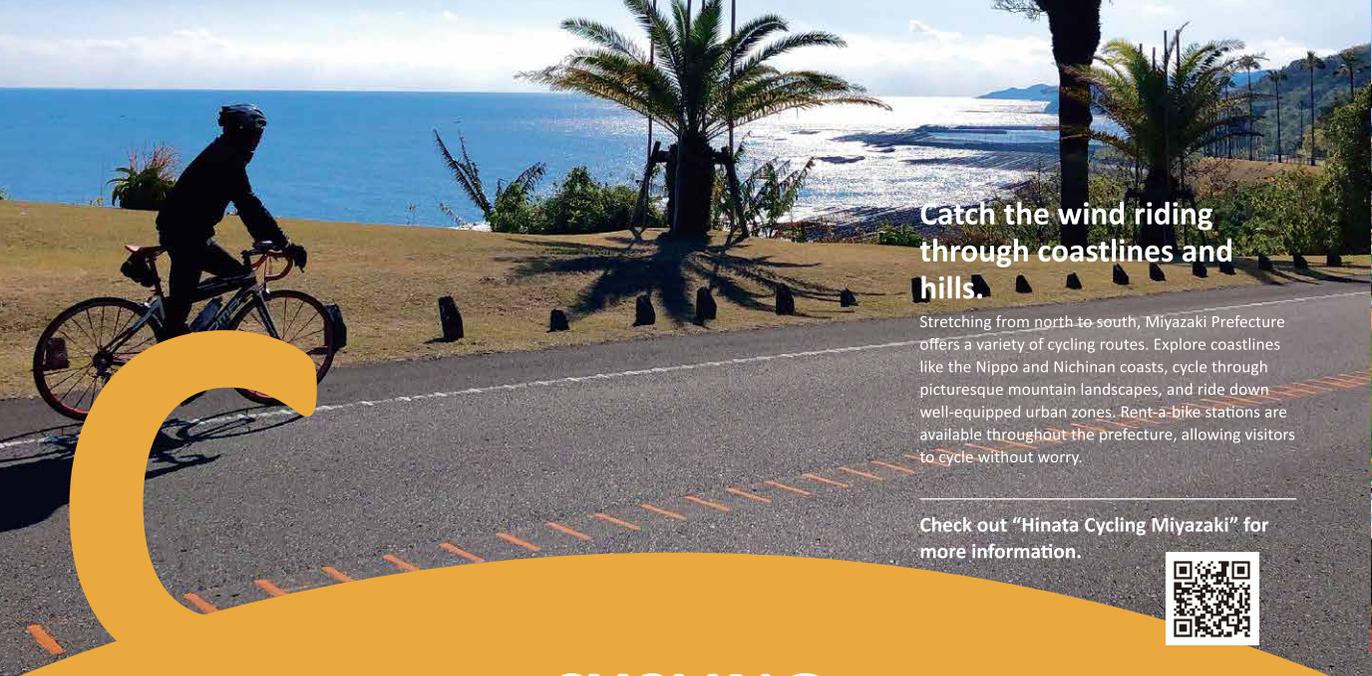
Kushima City

Koigaura

One of Japan's top seaside lines frequently used by advanced riders.

📍Daina, Kushima City





Catch the wind riding through coastlines and hills.

Stretching from north to south, Miyazaki Prefecture offers a variety of cycling routes. Explore coastlines like the Nippo and Nichinan coasts, cycle through picturesque mountain landscapes, and ride down well-equipped urban zones. Rent-a-bike stations are available throughout the prefecture, allowing visitors to cycle without worry.

Check out “Hinata Cycling Miyazaki” for more information.



CYCLING



Northern Prefecture

Hyuga Okuhyuga Cycling Route

This 160 km-long route runs from the coast overlooking the Hyuga Nada Sea through the Isuzu River, Omaru River, and Mimikawa River areas. Visitors can enjoy the mountainous route, as well.



Western Prefecture

Kirishima Loop Cycling Route

The route, 106 km in total features varied landscapes including the Ebino Highlands, Goike Pond, and the Shiga Highlands. Visitors can challenge themselves with hill trekking or enjoy a gourmet ride.



Central Prefecture

Cycle Route through Japan's Heritage: Ancient Tumuli Landscape of Southern Kyushu

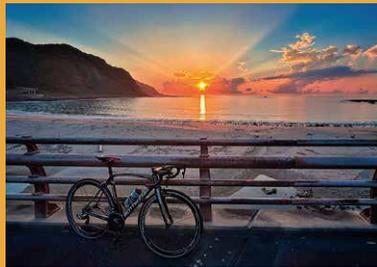
Explore the ancient burial mounds of Saitobaru and Nyutabaru, designated as Japanese Heritage sites, along a 104 km route.



Central Prefecture

Majestic Aoshima - Horikiri Pass Course

Get in the tropical mood as you take a refreshing ride along the 15 km Route 220.



Southern Prefecture

Nichinan Coast Kirameki Line

Explore the scenic landscapes of Miyazaki on a 100 km cycling route through Nichinan City and Kushima City. Enjoy a fulfilling ride with uphill and downhill stretches.



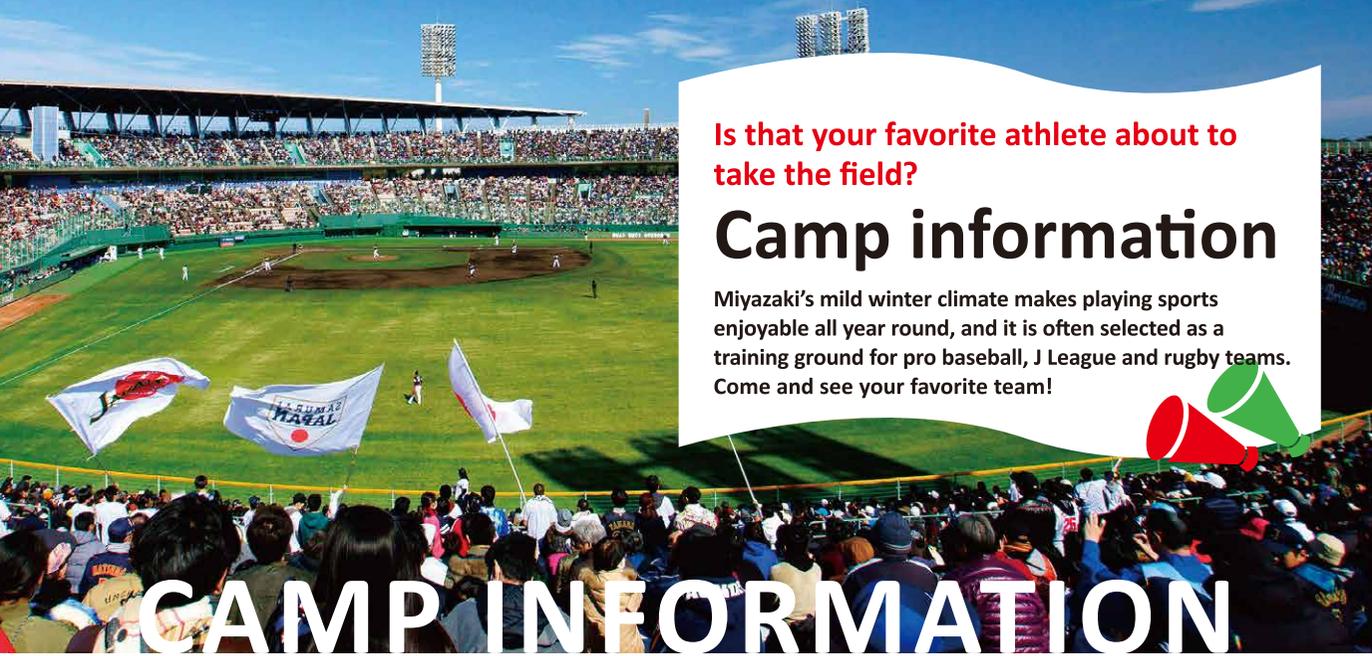
Convenient services for cycling, surfing, and golf enthusiasts

Luggage-free sightseeing

When you arrive at the airport or train station, we can deliver your heavy luggage directly to your hotel!

Cost: 1000 yen per piece

See Page 45 for details.



Is that your favorite athlete about to take the field?

Camp information

Miyazaki's mild winter climate makes playing sports enjoyable all year round, and it is often selected as a training ground for pro baseball, J League and rugby teams. Come and see your favorite team!



CAMP INFORMATION

You might meet your favorite athlete!

If your timing is right, you might even get autographs from players as they arrive at the campsite!



Live matches.

Check out the website for details on schedules and participating teams. All matches are free to enter!



Enjoy merch and food stalls too!

At the venue, you'll find booths selling original merchandise and food stalls offering delicacies. Some teams even provide fan services such as ball tossing for autographs.



Past Camps in Miyazaki Prefecture

Professional Baseball

- Yomiuri Giants
- Hiroshima Carp
- Tokyo Yakult Swallows
- Fukuoka SoftBank Hawks
- Saitama Seibu Lions
- Orix Buffaloes
- Chiba Lotte Marines
- Tohoku Rakuten Golden Eagles
- Doosan Bears (South Korea)
- Hanwha Eagles (South Korea)

And more!

Soccer

- Avispa Fukuoka
- Kashima Antlers
- Sanfrecce Hiroshima
- Cerezo Osaka
- Tokushima Vortis
- Vegalta Sendai
- Yokohama FC
- Yokohama F. Marinos
- Gyeongju (South Korea)
- Korea Hydro & Nuclear Power (South Korea)

And more!

Rugby

- Saitama Panasonic Wild Knights
- Urayasu D-Rocks
- Shizuoka Blue Revs
- Kobelco Kobe Steelers
- Tokyo Sungoliath
- Toyota Verblitz
- Kyuden Voltex

National Teams

- Baseball** Japan Team (2016–present), Czech Republic National Team, Australian National Team, Chinese National Team, Nicaragua National Team
- Rugby** Japanese National Team
- On Land** Japan Association of Athletics Federations (Marathon), Indonesian National Team, Hong Kong National Team, German National Team, British National Team
- Tennis** Japanese National Tennis Team

Sports camp paradise - Miyazaki Prefecture



More information on sports facilities here



Check out the latest camp information for professional baseball and J League teams here

We release a camp brochure every January.



Miyazaki, with its numerous excellent sports facilities, can host various training camps for baseball, soccer, rugby, tennis, and other sports.

*This camp guide reflects what has typically been provided in previous years. Please note that events may be canceled or changed depending on the circumstances, so we ask for your understanding in advance.

INFORMATION

What to do with your luggage?

SERVICE Convenient services

A Luggage-free sightseeing

If you arrive at the airport or train station with heavy luggage, simply store your luggage to lighten your load during sightseeing, golf, surfing, and other activities.

Price 1000 yen per bag

Reception time

- Miyazaki Airport: 8:00 – 11:00
(Available until 13:00 if traveling to Aoshima or staying at Miyazaki Kanko Hotel)
- Miyazaki City Tourism Information Center: 9:30 – 11:00



all prices include tax

B Temporary luggage holding service

Luggage storage is offered daily for both small and large items.

Price Souvenirs, small suitcases and other carry-on items: 500 yen

Large luggage such as surfboards and golf bags: 1000 yen

Reception time

- Miyazaki Airport: 8:00 – 18:30
- Miyazaki City Tourism Information Center: 9:30 – 17:00



all prices include tax

C Wi-Fi rental, SIM card sales

We offer rentals for both domestic and international Global Wi-Fi devices and mobile chargers, as well as SIM cards for sale.

Reception time

- Miyazaki Airport: 8:00 to 18:00
- Yakushima City Tourism Information Center: 9:30 – 17:00

※For details, please inquire at the counter.

D Baby stroller and wheelchair rental

We offer free baby stroller rentals, motorized wheelchairs, and attendant-assisted wheelchairs.

Reception time Miyazaki Airport: 8:00 – 18:30

※Please return items during business hours.

※If the Miyazaki Airport is closed due to weather conditions, returns will not be possible.

※Due to space limitations we may not be able to accommodate all reservations.

Service Locations

Miyazaki Bougainvillea Airport **A B C D**

Temporary luggage holding service

Location Arrival Lobby on the 1st Floor

Information Panel
No-luggage Tourism Service Counter
☎080-9369-7090
(☎)Solutions, Inc.)
🕒8:00 to 18:30 🌞Open everyday



Miyazaki City Tourism Information Center **A B C**



Location Within JR Miyazaki Station

☎0985-22-6469
🕒9:00 to 18:00
🌞January 1st and 2nd



Where to Buy Souvenirs? This will come in handy when you visit Miyazaki!

Buy souvenirs here



Miyazaki Product Hall KONNE

A souvenir shop inside the Prefectural Office. Here, you'll find shochu, sweets, local products, and traditional crafts from Miyazaki Prefecture.

☎0985-22-7389
 ♣Prefectural Office Building No. 8, 1-6
 Miyatamachi, Miyazaki City
 ⌚9:00 to 18:00 📶1/1

Miyazaki Prefecture Michi no Eki facilities also provide a variety of local products showcasing the delights of each town and village.



[Michi no Eki] Miyakonojo NiQLL

You'll find an array of local specialties like Miyakonojo shochu, meat, and vegetables, along with amusement facilities.

☎0986-38-5529 ⌚9:00 to 19:00 (direct sale center)
 ※Restaurant and playground hours may vary
 📴Closed on January 1st and the third Tuesday of January, April, July, and October (or following day if on a holiday).



[Michi no Eki] Ebino

Enjoy fresh vegetables, fruits, artisanal products and local specialties from Ebino at the Michi no Eki. Don't miss the popular lunch buffet that features a wide variety of locally grown agricultural products.

☎0984-35-3338 ♣1006-1 Nagayama, Oaza, Ebino City ⌚Open 9:00 to 18:00, Restaurant 11:00 to 15:00 (last orders at 14:00)
 📴Third Tuesday of the month (following day if a holiday) ※Also closed on the second and fourth Wednesday of the month



CHECK!



Here, visitors will find "Outdoor Station Ebino," where you can explore outdoor activities, rent bicycles, or go trekking, cycling, camping, ice skating, and SUP.

Outdoor Station Ebino ☎ 0984-48-7650

There are 18 "Michi no Eki" stations in Miyazaki!

●Takaoka	Miyazaki City	0985-82-4936
●Phoenix	Miyazaki City	0985-65-2773
●Kitagawa Hayuma	Nobeoka City	0982-22-6006
●Kitaura	Nobeoka City	0982-45-3811
●Kitakata Yocchimiroya	Nobeoka City	0982-48-0808
●Togo	Hyuga City	0982-68-3072

●Hyuga City	Hyuga City	0982-56-3809
●Seinbashi	Hinokage Town	0982-87-2491
●Takachiho	Takachiho Town	0982-72-9123
●Sakatani	Nichinan City	0987-26-1051
●Yamanokuchi	Miyakonojo City	0986-57-5222
●Yuparunojiri	Kobayashi City	0984-44-2210

Where to stay



Make a reservation here



Hotel Takachiho (Prefectural National Lodge – Takachihoso)

From early morning boat rentals to evening Takachiho Kagura performances, the perfect hotel for exploring Takachiho, home of the gods.

☎0982-72-3255
 ♣1037-4 Mitai, Takachiho, Nishiusuki District



Make a reservation here



Ebino Highland Hotel (Prefectural National Guest House – Ebino Kogenso)

The lush Ebino Highlands are perfect for trekking, climbing Mt. Karakuni, and enjoying ice skating, etc., in winter – activities to suit every season.

☎0984-33-0161 ♣1489 Suenaga, Oaza, Ebino

●Tsuno	Tsuno Town	0983-25-5055
●Nango	Nichinan City	0987-64-3055
●Kitago	Nichinan City	0987-32-3256
●Kushima	Kushima City	0987-72-0800



JAPAN 31°54'39" N 131°25'25" E
MIYAZAKI



SHRINE

23



EXPERIENCE

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HOT SPRING

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SAKE

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EVENT

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MOAI

7

[Figures in this Guidebook]

CITY
POPULATION

1.015

MILLION
(2026)

ANNUAL
SUNSHINE
HOURS

2122 hours



AVERAGE
TEMPERATURE

17.7°C

See information on Miyazaki tourism here.

**Official Tourism Website of
Miyazaki Prefecture
Miyazaki Travel Guide**

Questions about travel? Ask AI!



Get the latest Miyazaki information on social media

**Miyazaki Tourism Navigation –
Instagram
@miyazaki_shunnavi**



Access

*Please note that times and departure schedules may change, so kindly confirm before your trip.

Airlines *Required time is approximation.

Rail Lines	Time Required	Company Name
Tokyo (Haneda) – Miyazaki	About 90 minutes	ANA, JAL, Solaseed Air
Tokyo (Narita) – Miyazaki	About 100 minutes	JAL, Jetstar
Osaka (Itami) – Miyazaki	About 60 minutes	ANA, JAL
Osaka (Kansai) – Miyazaki	About 70 minutes	Peach
Nagoya (Chubu) – Miyazaki	About 70 minutes	ANA, Solaseed Air, ORC
Fukuoka – Miyazaki	About 50 minutes	ANA, JAL, ORC
Okinawa (Naha) – Miyazaki	About 100 minutes	ANA, Solaseed Air
Seoul – Miyazaki	About 100 minutes	Asiana Airlines
Taipei – Miyazaki	About 120 minutes	Tigerair Taiwan

Bus *Please note that the duration is an estimate. Reservations may be required in some cases.

Area	Time Required	Bus Name
Fukuoka – Miyazaki	About 4 hours and 50 minutes	Phoenix
Fukuoka – Miyazaki	About 4 hours and 30 minutes	Gokaze
Kumamoto – Miyazaki	About 3 hours and 45 minutes	Nanpu
Kumamoto – Nobeoka	About 4 hours and 10 minutes	Takachiho
Kagoshima – Miyazaki	About 2 hours	Mango Liner
Nagasaki – Miyazaki	About 5 hours and 20 minutes	Blue Roman*
Takachiho – Miyazaki	About 2 hours and 40 minutes	※
Takachiho – Aso	About 2 hours and 40 minutes	Asochiho

*Operates seasonally.

JR (Limited Express)

Start point	*Approximate time to Miyazaki station
Hakata:	about 5 hours and 30 minutes
Kokura:	about 4 hours and 30 minutes
Oita:	about 3 hours and 10 minutes
Nobeoka:	about 1 hour
Hyuga:	about 50 minutes
Central Kagoshima:	about 2 hours 10 minutes
Miyazaki Airport:	about 10 minutes

Car Ferry

[Route] Kobe Route

[Frequency / Time Table]

Kobe → Miyazaki

Monday to Saturday:
Departure at 19:10 →
Arrival the following day at 08:40
Sunday:
Departure at 18:00 →
Arrival the following day at 8:40

Miyazaki → Kobe

Departure at 19:10 →
Arrival the next day at 7:30

JR (Shinkansen) + Express Bus (B&S Miyazaki)

Start point	*Approximate time to Miyazaki station
Hakata:	about 3 hours
Shin-Yatsushiro Station:	About 2 hours and 15 minutes

*As of March 2026

Contact

Miyazaki Prefecture Tourism Promotion Department ☎0985-26-7103

Miyazaki Prefecture Tourism Association ☎0985-26-6100