

Useful Japanese Phrases to Memorize

Hotel



I would like to check in.

Chekkuin onegaishimasu

チェックイン
お願いします。



Restaurant



Please show me a menu.

Menyu o misete kudasai
メニューを見せてください。



Please give me.

●● o kudasai
●●をください。



Please give me this.

kore kudasai
これください。

Taxi



Please take me here.
koko ni tsureteitte kudasai

ここに連れて行ってください。

The whole



Please tell me the way to here.

koko e ikumichi o oshiete
kudasai
ここへ行く道を教えてください。



Please take a photograph.

shashin o totte kudasai
写真を撮ってください。



Where is a restroom?

Toire wa doko desuka?
トイレはどこですか？



A Paradise of Food,
Nature, and Fun

Miyazaki Travel Guide



Welcome to
Miyazaki



Find out everything there is to
know about Miyazaki!

visit miyazaki



<https://visitmiyazaki.com/>



 Prefectural Facebook

visit miyazaki

<https://www.facebook.com/miyazakipref.eng>



Miyazaki Prefecture Tourism Association TEL.+81 985-25-4676

F3 KITEN Bldg, 1-10 Nishiki-machi, Miyazaki-shi, 880-0811 JAPAN

Travelling in Hinata A New Hospitality Style Out Safety Measures



Our measures to ensure safety and peace of mind

Miyazaki Prefecture is implementing a variety of measures at tourist agencies, accommodation facilities, transportation facilities, and other locations throughout the prefecture to provide peace of mind to visitors.

Some of the measures we are taking:



Thorough management of staff health and hygiene



Installation of plastic curtains and thorough ventilation



Frequent hand washing and sanitizing as a rule



Wearing of gloves, masks and face guards

Accommodation facilities

- Thorough disinfection of areas people's hands often touch
- Provision of disinfectant in various locations
- Social distancing
- Temperature measurements and health checks for staff and customers
- Installation of panels to prevent droplet infection
- Provision of individual dishes for customers, disposable chopsticks, spoons, and other items in bags, etc.

Transportation facilities

- Airports: Installation of self-inspection thermometers
- Buses: Thorough disinfection and regular ventilation of buses, etc.

All over the prefecture

- Hinata Restaurant Certification System
- Miyazaki Prefecture: Kinoshita Group PCR Test Center (Miyazaki Station Store, Miyako City Store, Miyazaki Airport Store, Nobeoka Store, Miyakonojo Store)
- Miyazaki City: The city has introduced its own COVID-19 notification system and participating locations display a declaration that they will follow the guidelines
- Nichinan City: Stores that have declared their intention to implement the guidelines display a green flag
- Takachiho Town: Facilities that have implemented quarantine measures display stickers



Watch this video to learn more!

trip in hinata



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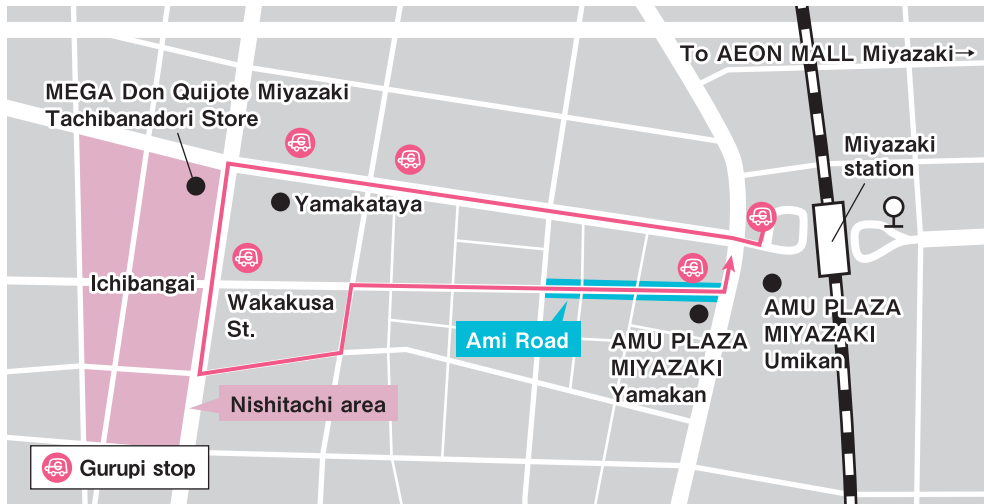
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Enjoy a Stroll around Town!

AMU PLAZA MIYAZAKI opened in front of Miyazaki Station in 2020. This is a large-scale facility where you can enjoy shopping and other activities. Unique stores and restaurants along Miyazaki-ekimae Shopping Street (commonly known as Ami Road) are ready to welcome you! Enjoy a pleasant night out at Nishitachi, one of the largest culinary and entertainment districts in the prefecture, lined with many restaurants.



AMU PLAZA MIYAZAKI

A large-scale commercial facility consisting of three buildings: Umikan, Yamakan, and Himuka Kirameki Market, an area under the elevated railway tracks of Miyazaki Station. This is Miyazaki's hub for the latest trends in fashion, accessories, food and beverages, and much more! There is also a movie theater and places for relaxation such as AMU Niwa and AMU Sora, allowing visitors to enjoy other activities besides shopping.



Kotsu Shrine



AMU Sora



Himuka Kirameki Market
Centered around the Miyazaki Station ticket gates, this market offers a variety of restaurants, souvenir stores, and other stores.

Umikan
Here, you will find an array of stores selling trendy fashion items.

Yamakan
This building houses various stores offering items to enrich your lifestyle.



7F AMU Niwa



6F AMU Niwa

MEGA Don Quijote Miyazaki Tachibanadori Store



Boasting one of the largest sales floors in Miyazaki Prefecture, this store offers surprisingly low-priced products in the food hall on the basement floor, cosmetics and home appliances on the first floor, and apparel and interior goods on the second floor.

Yamakataya



Yamakataya is Miyazaki's homegrown department store. It has a main building and a new building, and offers a wide selection of fashion, interior goods, and food products. It also holds a variety of events, such as product exhibitions.

Nishitachi



Nishitachi is a restaurant district centered on Nishitachibana-dori. Including the adjacent Chuo Street, Ebisu Street, Takamatsu Street, and Nishiginza Street, it is one of the largest in the prefecture.



Comfortable transportation with Gurupi!

This cute 9-seat, low-speed electric bus tours around five stops in the vicinity of Miyazaki Station.

Fare: 100 yen per ride

Find out more!



Also recommended!

AEON MALL Miyazaki



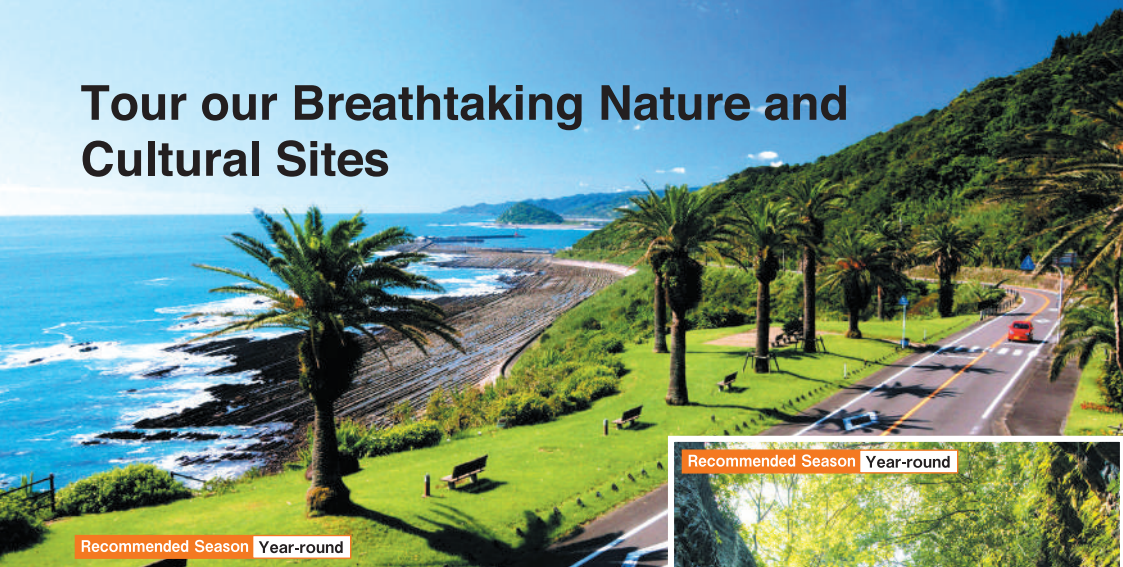
Located in the Hitotsuba area of Miyazaki City, this is one of the largest shopping malls in Kyushu, with approximately 250 stores. It is also well-equipped with other facilities, such as an AI interactive information system and a touch-panel floor map.

Approx. 10 minutes by bus directly from Miyazaki Station East Exit bus stop

Find out more!



Tour our Breathtaking Nature and Cultural Sites



Recommended Season Year-round

Miyazaki City

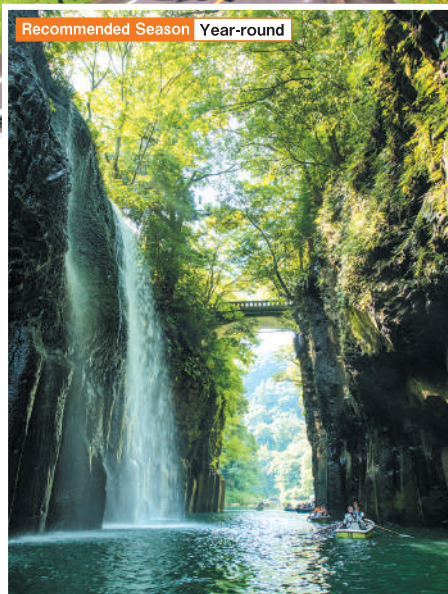
Nichinan Coast, Horikiri Pass

After weaving through mountain roads you cannot fail to be impressed by the vast expanse of the sea as it comes into view. Flowers are planted along the pass, making each season all the more lovely.

Takachiho Town

Takachiho Gorge

Columnar rock formations of precipice walls rise up to heights of 100 meters on both sides, separated by a width of 5 to 10 meters across. The gorge is great for both strolls and for boating.



Recommended Season Year-round



Recommended Season Year-round

Miyazaki City

Aoshima

Luxuriously awash with subtropical plants such as the Chinese fan palm, this small island is also surrounded by a wave rock formation known as the Devil's Washboard. The island is also home to Aoshima Shrine, making it sacred

★★ Michelin Green Guide Japan (Awarded 2 Stars)



Recommended Season Year-round

Hyuga City

Umagase, Sea Cross

Umagase boasts impressive sights of columnar cliffs at Cape Hyuga. Also popular is the Sea Cross (Sea of Cruz), where erosion has carved a cross shape into nearby rocks, allowing the sea to flow in.

These burial mounds weave together over 1,000 years of history with the surrounding nature to create breathtaking views and a sense of ancient mystery. Rich with beautiful nature, the Miyazaki Plane is dotted with flowers throughout the year. The area offers plentiful and diverse attractions, from the great outdoors to history and cultural treasures.



Recommended Season
From March to May, September to November

Saito City

Saitobaru Burial Mounds

Some 311 burial mounds that were made from the latter half of the 4th century to the 6th century dot this 2 km (east to west) by 4 km (north to south) area. Enjoy seasonal flowers here as well.

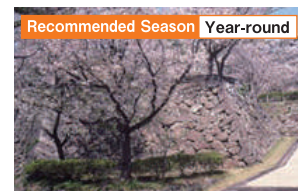


Recommended Season Year-round

Aya Town

Aya Teruha Great Suspension Bridge, Kawanaka Nature Park (Aya Evergreen Forest) UNESCO Eco-Park

The remainder of Japan's largest untouched evergreen forest has been designated as a UNESCO eco-park. Within the park is the Teruha Great Suspension Bridge that crosses over the ravine.



Recommended Season Year-round

Nobeoka City

Shiroyama Park

The park, centered on the remains of Nobeoka Castle, has the best views within the city. In addition to seasonal plantings of flowers the park is famous for the wild species of camellia that grows here.



Recommended Season Year-round

Miyazaki City

Florante Miyazaki

A park that lets you enjoy flowers and plants year-round. Seasonal events also occur, including the summer's lantern festival and the winter's illumination.



Recommended Season Year-round

Miyazaki City

Awakigahara Forest Park, Citizen's Grove

Various flowers can be enjoyed through the seasons when taking a stroll here. In May you can enjoy the irises in the iris garden, in summer you can enjoy the lotuses in the pond, and in winter you can enjoy camellias and pine groves.



Recommended Season Year-round

Hinokage Town

Forest Therapy in Hinokage

The forests in this region can be enjoyed throughout the year. Go for a walk along the Aminose River in its deep V-shaped valley, or go out to visit the terraced rice fields.

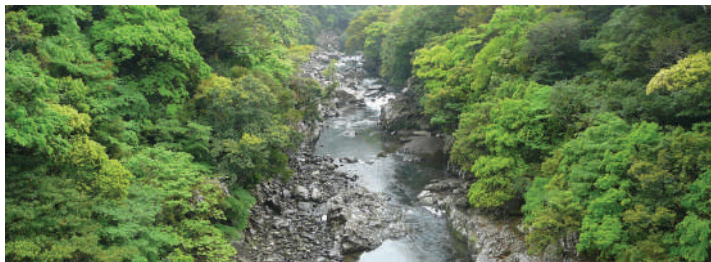
Explore Miyazaki's Natural Beauty

Miyazaki, where nature and people coexist in harmony

UNESCO Biosphere Reserve

UNESCO Biosphere Reserves are model areas that have rich ecosystems and promote sustainable economic activities utilizing local natural resources. Areas registered under this program aim to achieve sustainable development that balances protection of nature with the livelihoods of local people. There are 738 certified regions in 134 countries, including ten regions in Japan, two of which are located in Miyazaki Prefecture. (As of June 2022)

●Aya Biosphere Reserve (Aya Town)



Aya Town, home to one of Japan's largest evergreen forests, has been protecting its forest for half a century and promoting regional development that coexists with nature. The town has received worldwide acclaim for its initiatives involving the public and private sectors. These include pioneering work in promoting organic agriculture, growth as a hub for handmade crafts, a campaign to fill the town with flowers, and the Preservation and Restoration Project of Evergreen Broad-Leaved Forests in Aya. The town was registered as a Biosphere Reserve in 2012 in recognition of these efforts.

●Sobo, Katamuki and Okue Biosphere Reserve (Oita and Miyazaki prefectures)



The Sobo, Katamuki and Okue mountain ranges, which straddle Oita and Miyazaki prefectures, are a treasure trove of rare plants and animals, with their unique scenic beauty, including steep rocky peaks and numerous valleys, combined with pristine natural beauty. Local governments in the area around the Sobo, Katamuki and Okue mountain ranges work together to promote the development of the region while allowing nature and people to coexist in harmony. The area was registered as a Biosphere Reserve in June 2017 in recognition of these efforts.

Refresh Body and Mind on a Journey of Healing!

Forest Therapy

When we step into a forest, we can feel the life and power that live in the forest. This power heals us. Forest therapy is an attempt to scientifically elucidate the benefits of forests and apply them to mental and physical health.



Kitago Town, Nichinan City

In Kitago Town, Nichinan City, you can experience nature and savor the four seasons with all your senses. There are two courses that make the most of the town's characteristics.



Aya Town

There are three courses: the suspension bridge over one of the largest evergreen forests in Japan, Kawanaka Nature Park, and the vicinity of Aya Shrine.



Hinokage Town

Hinokage is a town with a rich natural environment, with forests covering approximately 91% of the town. Six different courses are available.

Feel the Breath of the Forest and see the Seasons Reflected in Crater Lakes

Trekking up in Ebino Plateau and its Lakes

Experience the beautiful nature of the "Ebino Plateau and Lakes Tour - Discovering Nature Trail", which is home to one of the top 100 forests in Japan and one of the top 500 walking trails in Japan.



Lake Byakushi

This crater lake has a diameter of 250 m but a depth of just 1m. In the past it was used as a skating rink during cold winters.



Lake Rokkannon-miike

Said to be the most beautiful of the Kirishima lakes, this one is a lovely cobalt blue in color. It's at its best in autumn when the leaves are changing.



Lake Fudo

This very clear lake is said to change color seven times over the course of a day. It is the only lake visible from a car on the Ebino Plateau.

The Wonders of the Beautiful Nichinan Coast and the Kirishima Foothills

Sea and sky as far as the eye can see. At the scenic Nichinan Coast National Park you can get close to wild horses and monkeys. The beauty of the changing seasons in the regions and plateaus surrounding the Kirishima Mountains never fails to fascinate visitors.



Recommended Season
From March to May, September to November

Kobayashi City

Ikoma Plateau

With the majestic mountains of Kirishima as a backdrop, you can enjoy the various flowers that bloom through the changing seasons. In spring you can enjoy rape blossoms, and then in autumn you can enjoy cosmos flowers that cover the entire hillside.



Recommended Season
From March to November

Nichinan City

Nichinan Coast, Marine Park

An expanse near Nango that is popular among scuba divers because of its multi-colored coral and the tropical fish that can be seen here.



Recommended Season Year-round

Miyakonojo City

Takachiho Ranch

Cattle, sheep and ponies are raised at this tourist ranch. The ranch looks out on the majesty of the Kirishima Mountains, and is known for its beautiful view.



Recommended Season
From June to August

Nichinan City

Road Station Nango: Jacaranda Grove

A botanical garden specializing in sub-tropical plants. The jacaranda grove here comprises 1,000 jacaranda trees. They are at their best from May to June.



Recommended Season
From June to August

Miyakonojo City

Sekino-o Falls, Riverbed Holes

A famous waterfall selected as one of the best 100 waterfalls in Japan. At the top of the waterfall you can see riverbed holes of various sizes. These holes were formed by the scraping of small rocks on the river bottom – an interesting site indeed.



Recommended Season Year-round

Takaharu Town

Lake Miike

Around the lake spreads the Miike Wild Bird Forest. There are many wild birds here year round, making this a great spot for bird-watching.

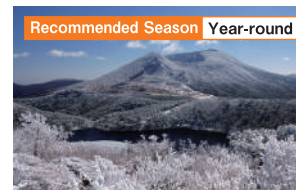


Recommended Season
From March to November

Kushima City

Cape Toi

Known as the home of Japan's rare wild horses, a visit to the cape allows you to see horses up close. The combination of cape greenery against the backdrop of the sea makes for an extraordinary view.



Recommended Season Year-round

Ebino City

Ebino Plateau (Kirishima Geopark)

The plateau is surrounded by more than 20 volcanoes, as well as crater lakes such as Lake Onami. The changing of the seasons offer a variety of fantastic views.

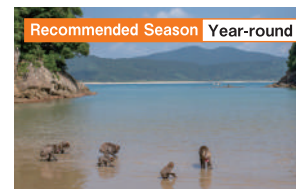


Recommended Season Year-round

Ebino City

Lake Tour

A trekking route that takes you to the three crater lakes of the Kirishima region: Lake Byakushi, Lake Rokkannon-miike and Lake Fudo. Take in the glory of changing surrounding nature.



Recommended Season Year-round

Kushima City

Kojima Island

Famous for the wild Japanese macaques that live here. Although valued for the research that occurs here, it is also fun to just come and see the monkeys as they are in nature.

Festivals/Events in Miyazaki

Miyazaki is home to many locales that appear in Japan's oldest historical documents the Kojiki and the Nihon Shoki. Regional festivals in Miyazaki often include reenactments of this history. As Miyazaki is home to rich and beautiful nature there are also many events that allow you to enjoy the beauty of the four seasons.



Miyazaki City

Aoshima Naked Procession

This festival is said to have originated when the mythical Yukihiro was returned from the sea and nearby villagers, not having time to get dressed, ran naked to welcome him.

Times/Coming of Age Day in January
Locations/Aoshima Shrine and its Sacred Road

Misato Town Kijo Town

Shiwasu Festival

An event that re-enacts the meeting of two Paekche kings, father and son, centered on Mikado Shrine, where the father is enshrined.

Times/A Friday, Saturday,
Sunday period in late January
Locations/Mikado Shrine (Misato Township),
Hiki Shrine (Kijo Township)



Nobeoka City

Nobeoka Daishi Festival

This festival holds performances and displays of local wares. The festival is centered around Imayama Daishi where the 17 meter tall statue of Kobo Daishi – the largest in Japan – can be found.

Times/The Third Friday, Saturday and Sunday in April
Locations/Around Imayama Daishi Temple



Nichinan City

Hanatate Park Cherry Blossom Festival

This is the best cherry blossom festival in Kyushu. Around 10,000 cherry blossom trees are in bloom. During the festival period you can also enjoy illuminations at night and various events.

Times/From mid-March through early April
Locations/Hanatate Park

Misato Town

Onda Festival

At this traditional rice-planting festival people pray for a rich harvest and for a year without illness. Among the sights to see is the racing of cows and horses through the paddy fields.

Times/The first Saturday and Sunday in July
Locations/Tashiro Shrine



Miyazaki City

Aoshima Pacific Marathon

The Coast Line and the route that runs along the center of Miyazaki City looks out over Aoshima and the Pacific Ocean.

Times/Early December
Locations/Miyazaki city



Miyazaki City

Amagajo Kaimon Festival

This park boasts roughly 1,000 cherry trees and 50,000 azalea bushes. During the festival various staged events occur as well.

Times/A Saturday and Sunday in late March
Locations/Amagajo Park



Miyazaki City

Illumination Flower Garden

The park is adorned with glittering illuminations, allowing visitors to enjoy a fantastic world of light.

Times/From early December through early January
Locations/Florante Miyazaki

Hyuga City

Hyuga Hyottoko Summer Festival

Enjoy watching local residents perform funny dances while wearing red kimono, head wraps, and colorful and interesting masks.

Times/The first Saturday in August
Locations/Hyuga City Eki-mae Koryu Plaza, Downtown Hyuga City



Shiiba Village

Shiiba Heike Festival

The highlight of this festival is the procession that re-enacts the doomed love between the Heike princess and the Genji military commander. This tale is known as the Japanese version of Romeo and Juliet.

Times/The second Friday, Saturday and Sunday in November
Locations/Tsurutomi Yashiki, Yakuba-yoko Central Stage, Kamishiiba KaidoStreet



Nichinan City

Obi Castle Town Festival

This festival offers a rich taste of life in a castle town, including a parade through the city featuring local arts and samurai processions, traditional quarterly events, and more.

Times/The third Saturday and Sunday in October
Locations/The Entire Obi Castle Town Area



Saito City

Saito Burial Mound Festival

This festival is held at the stage of Japanese mythology – the Saito Burial Grounds. The Fire Festival held at Goryobo-mae Plaza is a sight you do not want to miss.

Times/The first Saturday and Sunday in November
Locations/Saitobaru Goryobo-mae Plaza



Kushima City

Cape Toi Fire Festival

An incredible fire festival where burning torches are thrown at a 30 meter high column. This festival is based on the great snake legend.

Times/A Saturday and Sunday in late August
Locations/former Cape Toi Hotel-mae Plaza



Takanabe Town

Takanabe Castle Lantern Festival

A spectacular event where more than 1,500 lanterns placed in Maizuru Park at the remains of Takanabe Castle and in the surrounding venue are all lit at once.

Times/The closest Saturday and Sunday to 10 October
Locations/Maizuru Park Environs and the Downtown Area

Miyazaki City

Miyazaki Shrine Grand Festival

Performers in this parade march through downtown Miyazaki City wearing costumes similar to what you would see in ancient scrolls. At night various stage events are held.

Times/A Saturday and Sunday in late October
Locations/Miyazaki Shrine and Downtown Miyazaki City



Takachiho Town

Takachiho Yokagura

Held in Takachiho, the home of Japanese mythology, this festival is for offering prayers and thanks for abundant harvests. A total of 33 dances are performed throughout the evening.

Times/From late November to early February
Locations/Shinto Music and Dance Accommodations within Takachiho Township



Hot Spring Resorts

Miyazaki boasts numerous springs that are fed by rich natural resources and warmed by volcanoes such as Aso in the west and Kirishima in the south. Select your hot spring according to the affects you desire (e.g. stress relief, better overall health, clearer skin) or by the surrounding view.



Aoshima Hot Springs

Take in a view of the Pacific Ocean as you bath at a local hot spring. Limited only at a few local hotels of this area.

Jizoan, the Lyric Poetry Inn



ANA Holiday Inn Resort Miyazaki



Route inn Grantia Aoshima Taiyokaku



Aoshima Grand Hotel



Aoshima Cinq Male



Kitago Hot Springs

The best natural hot springs in Nichinan. There are five hot springs and accommodations within the area.

Kitago: The Season of Sound, Color and Fragrance, Nemu-no-hana



Hotel Nichinan Kitago Resort



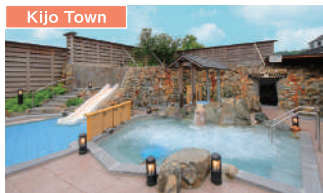
Kitago Hot Springs Inn: Marushin-so



Hachinosu Cottage



Aoi-dake Inn



Kijo Hot Springs:Yurara



Nishimera Hot Springs:Yutato



Tamayura Hot Springs

A hot spring located in central Miyazaki on the Oyodo River front. Enjoy two different accommodation facilities.



Shosenkyu

Enjoy various types of hot springs, including large bathing pools, outdoor bathing, and private bathing rooms in a separate area.



Amanoiwato Hot Springs

There is a large bathing pool and sauna at this hot spring, which is themed around kagura, the traditional dance famous in Takachiho.



Hinokage Hot Springs Station, TR Train Inn

Train cars that sit on an unused rail line have been converted into relaxing places to stay.



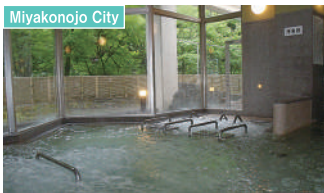
Shiratori Hot Springs: Shitayu

A hot springs located at the foot of the Ebino Plateau. Features outdoor bathing, steam bathing and more.

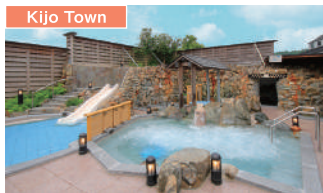


Yunomoto Hot Springs

This spring contains sodium bicarbonate and has a reddish tint. This popular hot spring is also known as the Cider Springs.



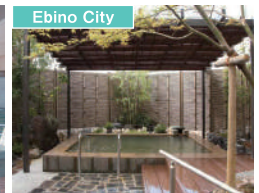
Nango Hot Springs:Yamagiri



Sakura-no-sato



Yamada Hot Springs:Yupoppo



Kyomachi Hot Springs

Cultural Activities and Sports

To better know Miyazaki, experience the various activities that each region has to offer. Miyazaki's varied climate allows you to enjoy a variety of sports as well as leisure activities and creative activities.

Aya Town



Pottery, Dyeing, Weaving

At the hands-on learning center you can experience making pottery, dyeing, and weaving at any time of the year.

[Inquiries] (Aya International Craft Castle) ☎0985-77-1223

Takachiho Town



Hands-on Carving

The paper cutouts are used to decorate the four corners of a Kagura stage. These are used as good-luck charms and make for excellent souvenirs as well.

[Inquiries] (Takachiho Township Tourist Association) ☎0982-73-1213

Kobayashi City



Fruit Picking

January through May is a great time to pick greenhouse-grown strawberries. In September you can enjoy picking Asian pears and grapes.

Saito City



Haniwa Magatama Jewel Creation

There are sixteen different courses that allow you to experience what life was like during ancient times.

[Inquiries] (Ancient Lifestyle Center) ☎0983-41-0041

Kushima City



Flying Fish Catch

After setting out from the harbor you will use lights to attract flying fish to the surface of the sea, from which you scoop them up in small nets.

[Inquiries] (Kushima City Higashi Fishing Cooperative) ☎0987-76-1515

Various Area within the Prefecture



A Night in Farmhouse

Developed within the prefecture's farming villages. Stay at a farmhouse to experience the life of a Miyazaki farmer.

Various Area within the Prefecture



Surfing

The surf capital of Japan. There are waves here year-round. Various points throughout the prefecture offer a variety of wave types.

Various Area within the Prefecture



Hinata Cycling Miyazaki

From the sea to the mountains, Miyazaki Prefecture is covered in a variety of attractions. You are sure to find your own personal bicycle paradise with these fascinating courses!

Gokase Town



Skiing

Located at the southernmost point in the prefecture, this natural ski area features slopes that reach an altitude of 1,610 meters.

[Inquiries] (Gokase Highland Ski Area) ☎0982-83-2144

Various Area within the Prefecture



Diving

Diving is also popular in Miyazaki. Thanks to the refreshing benefits of the Kuroshio you can see coral reefs and tropical fish.

Various Area within the Prefecture



Horseback Riding

Kijo Town



Canoeing

Various Area within the Prefecture



Golf

Enjoy golfing year-round in Miyazaki, where the courses remain green in winter, and where Japan's pro tournaments are held.

Various Area within the Prefecture



Sport Camp Spectating

Miyazaki is a hot place for pro baseball and soccer sport camps. Two seasons are recommended: February through March and October through November.

Miyazaki City



Park Golf

Enjoy rich greenery and ocean breezes at 4 different 9-hole courses. Fun for the whole family.

[Inquiries] (Aoshima Park Golf Course) ☎0985-65-1113

Various Area within the Prefecture



Trekking

Experience the many charms of the seasons at Kiritachigoe, Takachiho, and Kirishima. Besides the course in Takachiho, a new Olle course has opened between Kijo and Takanabe.

Kobayashi City



Astronomy

Nichinan City

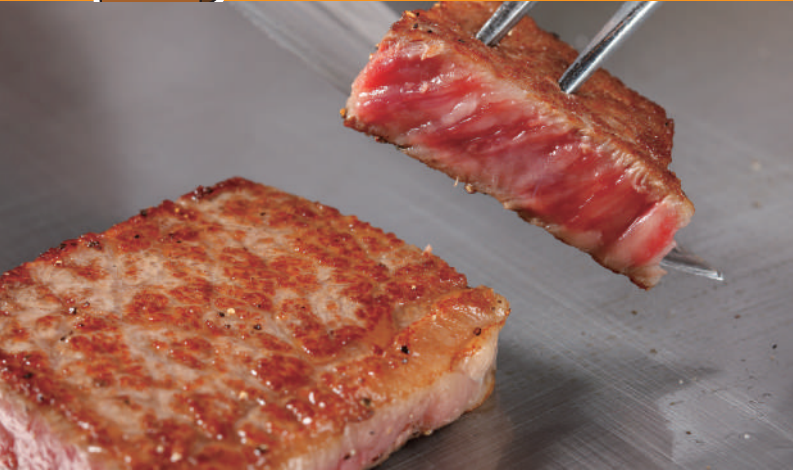


Rickshaws



Cuisine of Miyazaki

Miyazaki is an agricultural prefecture with a bright shining sun and fertile farmlands. It is a treasure trove of foods and has delicacies from both the sea and mountains. The richness of Miyazaki offers a full line of gourmet possibilities.



Miyazaki Beef

Miyazaki's very own brand of Japanese beef, rated the best in Japan for quality of meat.



Japanese Spiny Lobster

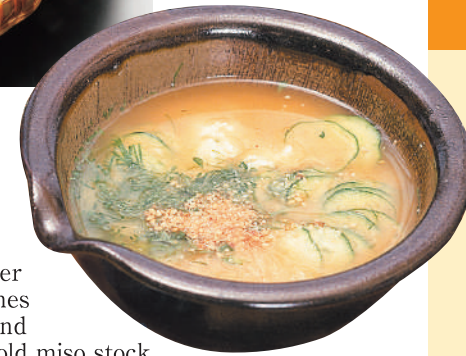
The warm Kuroshio ocean current helps these shrimp-like lobsters to flourish. Japanese Spiny lobster has a soft, light texture.



Spicy Noodles (Karamen)

Chilled Soup (Hiyajiru)

This local summer time dish combines fish meat, tofu, and cucumber in a cold miso stock.



Chicken Namban

Chicken namban is chicken fried in oil, dipped lightly in sugared vinegar and then finished off with a tartar sauce topping.



Taiyou no Tamago(Mango)

Our mangos are grown under the strictest conditions. The end result is a sugar degree of 15 or higher and weights of 350g or higher.



Charcoal-grilled Local Chicken

Char-grilled chicken is a staple of Miyazaki cuisine. This dish is made by slowly grilling chicken to perfection over an open flame.



Miyazaki Shochu



Lettuce Wraps



Pork-wrapped Rice Balls



Hot Pot Udon



Cheese Manju



Tamatama Kinkan(Kumquat)



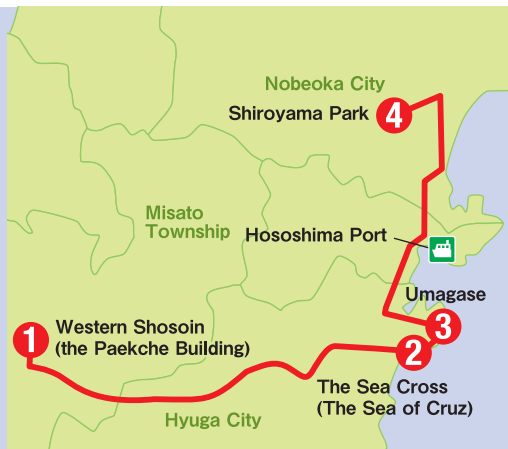
Hyuganatsu Citrus Fruit

Northern Area

Recommended Routes of Discovery (Misato Township → Hyuga City → Nobeoka City)

Look out Over Magnificent Natural Beauty of a Deeply Indented Coastline

Misato is home to the legend of King Paekche. Here you can see Western Shosoin (the Paekche Building), built as a symbol of the friendship between Japan and South Korea, this route will teach you about history and allow you to experience the marvels of nature.



2

The Sea Cross (The Sea of Cruz)

Hyuga City

Named because the rocks have been eroded into a cross formation. There is a legend that wishes made here come true.



Approximately 10 minutes by car



Approximately 80 minutes by car



Umagase

Hyuga City

These 70 meter high sheer cliffs were built by the washing of the rough waves of the Pacific Ocean.

3



Approximately 50 minutes by car



4

Shiroyama Park

Nobeoka City

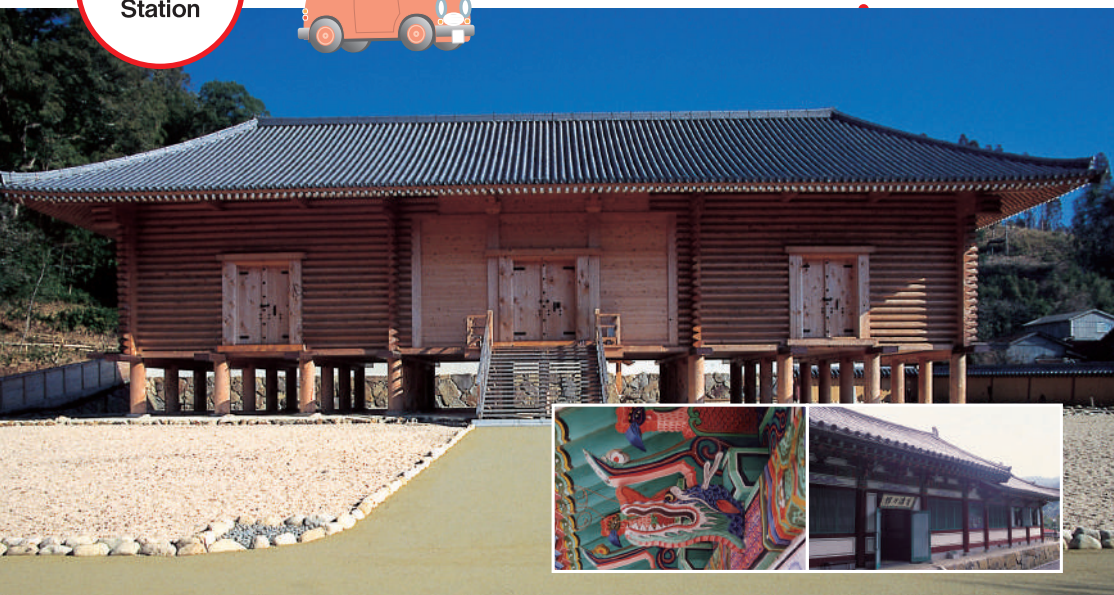
The remains of Nobeoka Castle are preserved as a park, now famous for its cherry and camellia blossoms.



START
Miyazaki Station



Approximately 120 minutes by car from Miyazaki Station



1 Western Shosoin (the Paekche Building)

Misato Town

Built as a symbol of Japan-Korea exchange. Includes replicas of national treasures from the Paekche era.

Northern Area

Recommended Routes of Discovery (Takachiho)

Visit Takachiho, where Myths Reside

Takachiho is known in myth and legend as the location where the gods came to earth. This route, popular with tourists, takes you to see the area's beautiful nature and locations known from myths.



START

Miyazaki Station

Approximately 135 minutes by car from Miyazaki Station



1

Takachiho Gorge

Takachiho Town

A ravine of 20 km in length that was created by the erosion of lava from Mount Aso. The views in summer and autumn are outstanding.



Approximately 20 minutes by car

2

Kunimigaoka

Takachiho Town

Enjoy a panoramic view of the Sobo Mountains and the five peaks of Mount Aso from an elevation of 513 meters.

★ Michelin Green Guide Japan (Awarded 1 Stars)



3

The Tunnel Station

Takachiho Town

Buy Takachiho products and shochu within this old railway tunnel.

Approximately 10 minutes by car



Approximately 15 minutes by car



4

Takachiho Shrine

Takachiho Town

A shrine that boasts more than 1,200 years of history. Known for being fortuitous for forming marriage ties.



Approximately 20 minutes by car

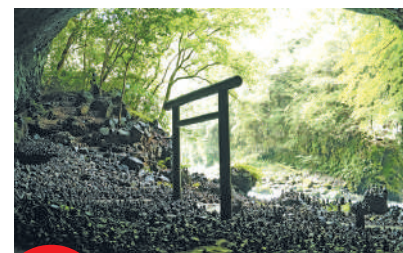


5

Amanoiwato Shrine, Amanoyasukawara River Bed

Takachiho Town

The Amanoiwato cave is a place that appears in Japanese myth and is considered a holy place. The Tenan riverbank is also a popular power spot.



Central Area

Recommended Routes of Discovery (Miyazaki City → Aya Township)

Experience the Flowers and Greenery of the Central Area

Just a short distance away from downtown Miyazaki City and you will melt into the nature of the Prefecture. To your east you will be able to see the magnificent Hyuga sea; to the west you will be able to see rich evergreen forests. This route allows you to enjoy the sights of nature.



3 Florante Miyazaki, Citizen's Grove

Miyazaki City

Enjoy seasonal flowers year-round at Florante. The pine trees in Citizen's Grove are also relaxing.

Approximately 45 minutes by car



4 Aya Baji Park

Aya Town

Experience horseback riding and leading horses. In spring you can enjoy the cherry and rape blossoms.



Approximately 10 minutes by car



5 Aya (Teruha Great Suspension Bridge), Kuramoto Aya: Shusen-no-Mori

Aya Town

This suspension bridge offers views of the largest untouched Teruha forest in Japan. Souvenirs can be bought at Shusen-no-mori.



START

Miyazaki Station

Approximately 30 minutes by car from Miyazaki Station



1 Road Station Phoenix

Miyazaki City

You can take in the best view of the Nichinan Coast and the Pacific Ocean from here.



Approximately 6 minutes by car



2 Aoshima

Miyazaki City

A small island surrounded by wave-shaped rocks known as the Devil's Washboard. Also home to Aoshima Shrine.

★★ Michelin Green Guide Japan (Awarded 2 Stars)



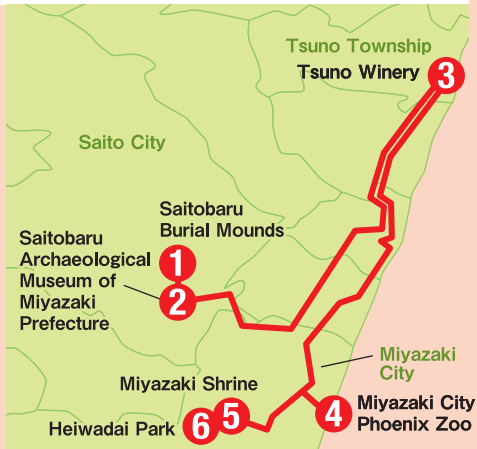
Approximately 35 minutes by car

Central Area

Recommended Routes of Discovery (Saito City → Miyazaki City)

Experiencing Miyazaki's History and Animals

Located in the center area of the prefecture, Saito is home to roughly 300 burial mounds that are said to have been made from between the 4th century BCE and the 6th century CE. As the burial mounds bring you closer to Japan's distant past, you can also embark on a course to visit the only zoo within the prefecture.



START

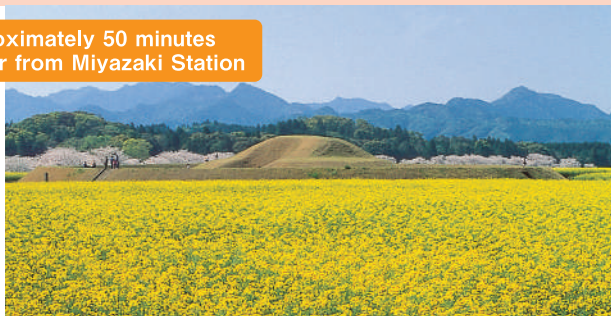
Miyazaki Station



Approximately 50 minutes by car from Miyazaki Station

1 Saitobaru Burial Mounds

Saito City



A park with more than 300 burial mounds. Seasonal flowers are planted throughout, making strolls popular.

10 minutes on foot from the Saitobaru Guidance Center



2 Saitobaru Archaeological Museum of Miyazaki Prefecture

Saito City



Approximately 60 minutes by car



3 Tsuno Winery

Tsuno Town

Located on a hill with vistas of the entire town, the winery offers tours, tasting and purchases.



4 Miyazaki City Phoenix Zoo

Miyazaki City

This is the first zoo of its kind in Japan to present animals in settings that are close to their natural habitat.



Approximately 20 minutes by car



5 Miyazaki Shrine

Miyazaki City

Miyazaki Shrine is a shrine to the memory of the first emperor, Jinmu.



Approximately 60 minutes by car



6 Heiwadai Park

Miyazaki City

Heiwadai Park features Heiwa-no-To, a tower that lets you look out over the whole of the downtown area.

Various Area within the Prefecture

Wineries in Miyazaki

- Tsuno Winery (Tsuno Town)
- Gokase Winery (Gokase Town)
- Unkai Winery (Aya Town)
- Katsuki Wines (Aya Town)
- Miyakonojo Winery (Miyakonojo City)
- Kobayashi Ikoma Kogen Winery (Kobayashi City)



Western Area

Recommended Routes of Discovery (Miyakonojo City → Takaharu Township → Kobayashi City → Ebino City)

Wind Your Way Around the Kirishima Mountains

In the western area of the prefecture are the Kirishima mountains. At the foot of these mountains are some of the best areas in the prefecture for seeing the changes of the seasons.

Various tourist spots with green pastures, lakeside forests, and seasonal flowers allow for views of the majestic Mount Takachiho and Mount Karakuni.



START

Miyakonojo Exit

Approximately 20 minutes by car from Miyakonojo Exit



1 Kirishima Factory Garden

Miyakonojo City



Tours are available of the shochu distillery and craft beer brewery and you can also taste the Kirishima Spring Water.



Approximately 20 minutes by car

2 Sekino-o Falls

Miyakonojo City

These perfectly circular holes in the riverbed are famous for being among the largest in the world, resulting from the erosive effects of smaller rocks on larger rocks.



Approximately 30 minutes by car

3 Takachiho Ranch

Miyakonojo City

Enjoy riding horses, petting calves, sightseeing, and dairy farming.



Approximately 30 minutes by car



4 Miike Wild Bird Forest Park

Takaharu Town

Watch a variety of wild birds in this park located at the base of the crater lake in the Kirishima mountains.



Miyakonojo City

Miyakonojo Meat Tourism

Meat Tourism, a trip where you can "meet" the best meat and shochu in Japan.

URL meat-tourism.jp/en/



Approximately 5 minutes by car



5 Sano-jinja Shrine

Takaharu Town

This shrine is dedicated to Emperor Jimmu. Known as the birthplace of Emperor Jimmu, there are many places in the surrounding area that are associated with him.



Approximately 20 minutes by car



6 Ikoma Plateau

Kobayashi City

Known as the "Plateau of Flowers," rape blossoms, Iceland poppies, and cosmos flowers bloom in this area.



Approximately 30 minutes by car



7 Ebino Plateau

Ebino City

Kirishima Kinko Harbor National Park. Abundant with nature, this park offers various views throughout the year.



Approximately 40 minutes by car



8 Green Park Ebino

Ebino City

Take a tour of the Coca-Cola plant and enjoy a flower garden at this multi-purpose facility.



Approximately 10 minutes by car



9 Ebino Hot Springs

Ebino City

One of the best locations for hot springs within the prefecture. There are hot springs at various locations throughout Ebino, including Kyomachi, Yoshida, Shiratori and Kakuto.



Southern Area

Recommended Routes of Discovery (Nichinan City → Kushima City)

Drink in the Natural Beauty and Atmosphere of the Southern Climes

Follow the national highway southward on its north-south course, along the never-ending blue of the Pacific Ocean.

You'll find an area that is rich in history and a resort feel, offering townscapes from the Edo period, encounters with wild animals, and sporting opportunities.



START

Miyazaki Station



Approximately 60 minutes by car from Miyazaki Station



1

Sun Messe Nichinan

Nichinan City

This relaxing location includes seven carved replicas of the moai statues from Easter Island.



Approximately 10 minutes by car

2 Udo Shrine

Nichinan City

This unique shrine features a vermillion-painted main structure enshrined within a cave facing the sea.

★ Michelin Green Guide Japan (Awarded 1 Stars)



Approximately 50 minutes by car



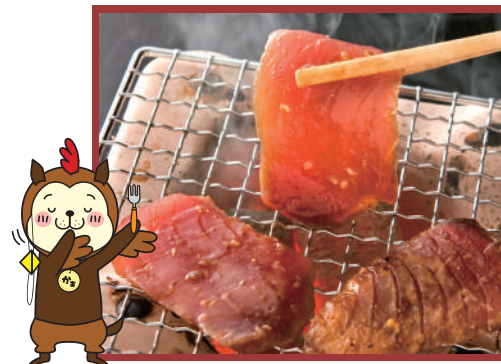
Approximately 40 minutes by car



3 Inohae Valley

Nichinan City

Strolls are popular here along trails that allow you hear the gurgle of the Inohae River.



Nichinan City

Nichinan Charcoal-Grilled Line-and-Pole Caught Bonito



Local delicacies available in Nichinan City, which boasts Japan's largest line-and-pole bonito catch by volume. The area's inshore bonito fishing industry is MSC certified.

URL icchaga.net/aburi2/english.pdf



Approximately 35 minutes by car

4 Obi Castle, Obi Castle Town Nichinan City

See the castle town that dates back to the Edo period, and the reconstructed home of the castle's lord.



5 Marine Viewer Nango Nichinan City

Take a walk on the ocean in a semi-submersible glass-bottomed boat at the Nichinan Marine Park.



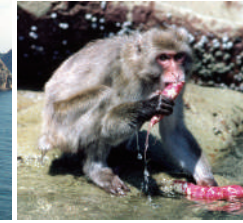
Approximately 5 minutes by car

6 Road Station Nango Jacaranda Grove Nichinan City

From late May onward, Japan's only grove of 1000 jacaranda trees is in bloom with their lovely bluish purple flowers.



7 Kojima Island Kushima City



Roughly 100 wild monkeys, with social skills advanced to the point where they wash their potatoes before eating them, live here.



Approximately 20 minutes by car

Approximately 30 minutes by car



8 Cape Toi Kushima City

The pacific ocean spreads out before your eyes at this cape which is also home to numerous wild horses.



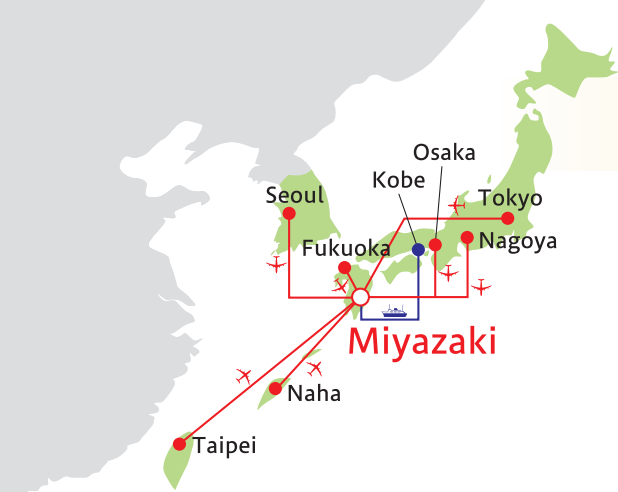
Approximately 50 minutes by car

9 Shibushi Harbor Daikoku Dolphin Land Kushima City

A playland where you can get close to dolphins and feed penguins and other animals.



Transportation Access



By Air

※As of March 2020

Route	Required time	Regular services	Airline name
Tokyo (Haneda) - Miyazaki	Approx. 90 min	18 round trips	ANA/JAL/SNA
Tokyo (Narita) - Miyazaki	Approx. 100 min	1-2 round trips	Jetstar Airways
Osaka (Itami) - Miyazaki	Approx. 60 min	11 round trips	ANA/JAL
Osaka (Kansai) - Miyazaki	Approx. 65 min	2 round trips	APJ
Nagoya (Chubu) - Miyazaki	Approx. 75 min	3 round trips	ANA/SNA
Fukuoka - Miyazaki	Approx. 40 min	13 round trips	ANA/JAL/ORC
Okinawa - Miyazaki	Approx. 80 min	1 round trips	SNA
Seoul - Miyazaki	Approx. 100 min	3 round trips a week	Asiana Airlines(OZ)
Taipei - Miyazaki	Approx. 120 min	3 round trips a week	China Airlines(CI)

[Inquiries]
 (ANA) Tel.0570-029-222 / (JAL) Tel.0570-025-071
 (Solaseed Air) Tel.0570-037-283 / (Oriental Air Bridge) Tel.0570-064-380
 (Jetstar Airways) Tel.0570-550-538 / (APJ) Tel.0570-001-292
 (Asiana Airlines) Tel.0570-082-555 / (China Airlines) Tel.03-6378-8855

Car Ferry

Route	Number of flights/Time table	
Kobe route	Miyazaki	Daily
		Depart at 19:10 → Arrive at 07:30 on the next day
		Arrive at 08:40 on the next day ← Depart at 19:10 (From Monday to Saturday)
		Depart at 18:00 (Sunday)

[Inquiries]
 (Miyazaki Car Ferry(Reservation Center))
 [Kansai] Tel.078-321-3030 / [Miyazaki] Tel.0985-29-5566



JR

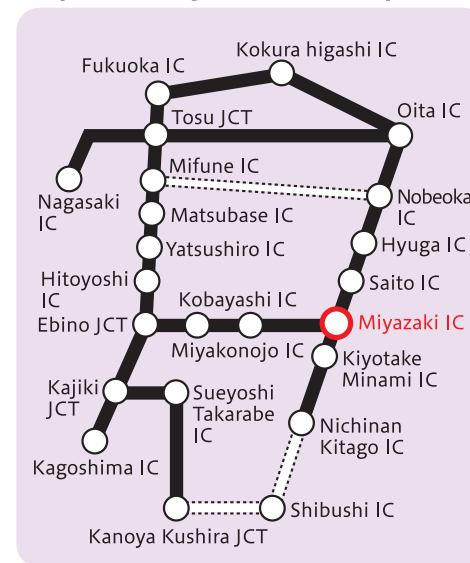
Areas	Required time
Hakata - Miyazaki	Approx. 5 hours and 10min. (by using Kyushu Shinkansen – approx. 3 hours 40 minutes)
Kokura - Miyazaki	Approx. 4 hours and 25 min.
Oita - Miyazaki	Approx. 3 hours.
Nobeoka - Miyazaki	Approx. 1 hour.
Hyuga - Miyazaki	Approx. 45 min.
Kagoshima - Miyazaki	Approx. 2 hours.
Miyazaki airport - Miyazaki	Approx. 10 min.

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

Areas	Required time
Hakata - Miyazaki	Approx. 3 hours and 5 min. *The fastest time including connection time
Shin-Yatsushiro - Miyazaki	Approx. 2 hours and 5 min. *Highway Bus only

[Inquiries]
 (JR Kyushu Information Center) Tel.0570-04-1717

Expressway Route Map



Expressway

Interchange	Required time
From Fukuoka IC to Miyazaki IC	Approx. 3 hours and 20 min.
From Oita IC to Miyazaki IC	Approx. 2 hours and 50 min.
From Kumamoto IC to Miyazaki IC	Approx. 2 hours and 10 min.
From Kagoshima IC to Miyazaki IC	Approx. 1 hour and 50 min.
From Ebino IC to Miyazaki IC	Approx. 1 hour.
From Miyakonojo IC to Miyazaki IC	Approx. 30 min.

[Inquiries]
 (Japan Road Traffic Information Center
 (Information about Miyazaki)) Tel.050-3369-6645

Highway bus

Bus name	Areas	Required time	Number of flights	Bus company
Phoenix	Fukuoka - Miyazaki	Approx. 4 hours and 40 min.	28 round trips a day	Miyazaki Kotsu, Nishitetsu Highway Bus, Kyushu Sanko Bus, JR Kyushubus
Gokase	Fukuoka - Nobeoka	Approx. 4 hours and 30 min.	4 round trips a day	Miyazaki Kotsu, Nishitetsu Highway Bus
Nanpu	Kumamoto - Miyazaki	Approx. 3 hours and 25 min.	10 round trips a day	Miyazaki Kotsu, Kyushu Sanko Bus
Blue Roman ※Seasonal service	Nagasaki - Miyazaki	Approx. 5 hours and 20 min.	2 round trips a day	Miyazaki Kotsu, Nagasaki Prefectural Bus
Takachiho	Kumamoto - Nobeoka	Approx. 4 hours and 10 min.	1 round trips a day	Miyazaki Kotsu, Kyushu Sanko Bus
B&S Miyazaki	Shin-Yatsushiro - Miyazaki	Approx. 2 hours and 15 min.	15 round trips a day	Miyazaki Kotsu, JR Kyushubus, Kyushu Sanko Bus

[Inquiries]
 (Kyushu Highway Bus) Tel.0120-489-939 (Call 092-734-2727 from Mobile/PHP)
 (Miyazaki Kotsu Highway Bus Reservation Center) Tel.0985-32-1000
 (Miyazaki Kotsu Bus Information Center for Customers) Tel.0985-32-0718
 (JR Kyushu Information Center) Tel.0570-04-1717
 (Nishitetsu Highway Bus) Tel.0570-00-1010 (Call 092-303-3333 from Mobile/PHP)
 (Kyushu Sanko Bus) Tel.096-354-4845
 (Nagasaki Prefectural Bus) Tel.095-823-6155

Golf Courses & Accommodations

Miyazaki City



Phoenix Country Club



Miyazaki City



Miyazaki Country Club



Miyazaki City



UMK Country Club



Golf courses

Area	Name of Golf course	Link
Nobeoka City	Kitakata Golf Club	http://cherry-group.jp/course_kitakata/index.html
	Nobeoka Golf Club	http://cherry-group.jp/course_nobeoka/index.html
Hyuga City	Mimitu Country Club	http://www.mimitu-cc.jp/
Miyazaki City	Miyazaki Kokusai Golf Club	https://www.pacificgolf.co.jp/miyazakikokusai/
	Hibiscus Golf Club	https://www.hibiscus-gc.jp/
	Miyazaki Lakeside Golf Club	https://www.lakeside-gc.com/
	Aoshima Golf Club	https://reserve.accordiagolf.com/golfCourse/aoshima/
	Aiwa Miyazaki Golf Club	http://www.aiwaresort.com/
	Miyazaki Public Golf	https://miyazaki-pg.com/
	Oyodogawa Golf	http://ooyodogawa-golf.com/
	Miyazaki Kokusai-Kuko Country Club	http://mkk-cc.com/
	Tom Watson Golf Course	https://seagaia.co.jp/twgc
	Miyazaki Ohyodo Country Club	https://www.m-ohyodo-cc.co.jp/
Miyazaki Sunshine Country Club	https://sunshine-cc.jp/	
Kunitomi Town	Miyazaki Golf Club	http://www.miyazakigolfclub.jp/
Shintomi Town	Miyazaki Zaronbai Golf Club	http://www.mssystem1.com/zaronbaigc/
	Hitotsuse River Public Course	http://www.hitotsuse.or.jp/
Miyakonojo City	Miyakonojo Mochio Country Club	http://www.mochio.com/
	Regent Miyazaki Country Club	http://www.regentmiyazaki.com/
	Rainbow Sportsland Golf Club	https://reserve.accordiagolf.com/golfCourse/rainbow/
Takaharu Town	Takaharu Golf Club	http://takaharugc.com/index_hp.html
Kobayashi City	Miyazaki Kobayashi Country Club	http://www.jsngolf.jp/kobayashi/
Nichinan City	Nichinan Kitago Country Club	https://nk-resort.co.jp/golf/
Kushima City	Nichinan Kushima Golf Course	https://www.princehotels.co.jp/golf/kushima/

Accommodations

Area	Hotel name	Link
Takachiho Town	Kamigakure	https://www.kamigakure.jp/
	SHINSEN	https://www.takachiho-shinsen.co.jp/
Miyazaki City	Sheraton Grande Ocean Resort	https://seagaia.co.jp/hotel/sgor
	ANA Holiday Inn Resort Miyazaki	https://www.anahirmiyazaki.com/
Nichinan City	Nemu-no-hana	http://www.nemunohana.jp/
	Kiraku Obi Katsume	https://www.nazuna.co/property/katsume/
	Akanesasu Obi	https://www.akane-sasu.com/obi/
	Nazuna Obi Onsen Resort	https://www.nazuna.co/property/nazuna-obi-onsen-resort/