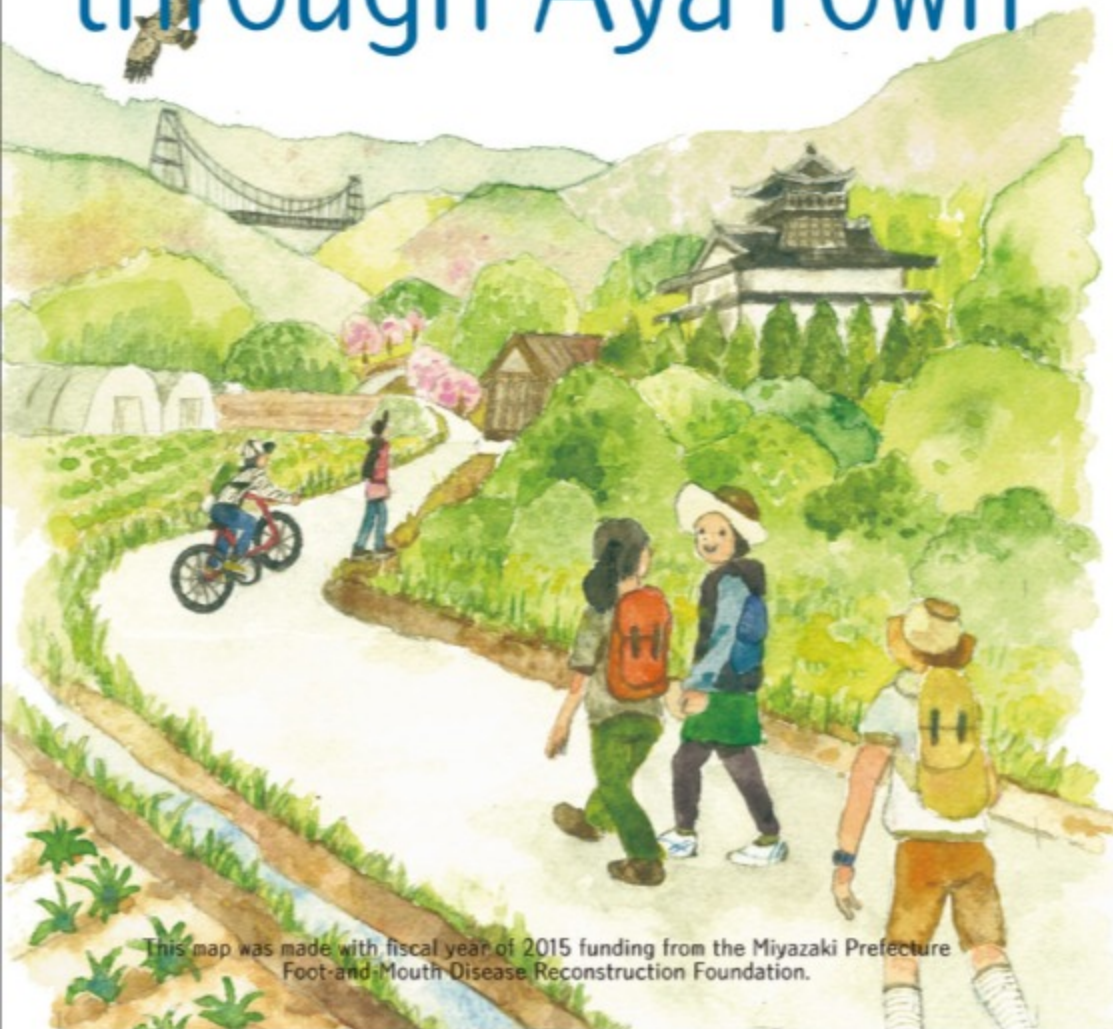


Aya Biosphere Reserve Map for Strolling through Aya Town



This map was made with fiscal year of 2015 funding from the Miyazaki Prefecture Foot-and-Mouth Disease Reconstruction Foundation.

Contact List (Area Code 0985)

●Lunch and Café (Within the Area Map)

- Medicinal Dishes : Organic Goda ☎77-0045
- Food Atelier : Yamataro ☎77-1645
- Café Onoya ☎77-1788
- Gasukon ☎77-3311
- Izumoya ☎77-0029
- Unagi (eel) Ichiriki Aya ☎77-3677
- Aya Green Garden ☎77-2003
- Soba (buckwheat noodles) Maru ☎77-2551
- Tatemachi Café ☎77-3869
- Kumara Café (irregular holidays) ☎050-1194-7757
- Udon Noodles Tamura ☎77-0955
- Café Yamaneko (irregular holidays) ☎34-9676
- Italian: Sare-e-pepe ☎77-1014
- CAFÉ HOME (weekends only) ☎30-7050
- Vegetarian Food: Kojima (reservation required) ☎77-0925
- Aya Wakuwaku Farm (reservation required for lunch) ☎77-0909
- Ayu (sweetfish) Sansui ☎77-1626
- Aya Teruha-no-mori-no-yado Inn ☎77-1227
- Ayagawa-so Inn ☎77-0070
- Local Food Store and Shop
- Aya Honmono Local Product Store ☎77-0777
- Aya Honmono Ice Cream Shop ☎77-2727
- Suda Bean Shop ☎77-0034
- Tokumaru Tofu Shop ☎77-1859
- Mihara Sweets Shop (Japanese and Western) ☎77-0053
- Fukutomi Farm Garden Aya (rice flour bread and sweets) ☎77-1313

●In case of trouble or lost property

- Aya Police Station ☎77-1141
- Aya Town Hall (weekdays only) ☎77-1111 (fax number)
- Tourist Information
- Aya Tourist Information Center ☎77-2727
- Industrial Tourism Division of Aya Town (weekdays only) ☎77-3464
- Transportation Information
- Miyako Bus and Taxi ☎77-0127
- Miyako Bus Information Center (weekdays only) ☎32-0718
- Rental Bicycles
- Aya Tourist Information Center ☎77-2727
- Aya Fureai Building ☎30-7270
- Tourist Facilities
- Aya Teruha Suspension Bridge ☎77-2055
- Aya Castle/Local Handicrafts Pavilion ☎77-1223
- Aya Equestrian Park ☎77-0964
- Kuramoto Aya Shusen-no-mori ☎77-2222
- Aya Shizengura Observation Hall (reservation required) ☎77-3737
- Glass Art Kuroki Studio ☎77-2311
- Aya-no-tetsumugi Dyeing Studio (reservation required) ☎77-0156
- Handicraft Experience
- Ayajo-yaki (pottery) ☎77-0910
- Genta Weaving Studio (hand-weaving) ☎77-1223 (fax number)
- Agricultural Experience and Tourist Farm
- Hayakawa Agricultural Gardens (reservation required) ☎77-0900
- Ei Farm (oranges) ☎77-0182
- Vineyard Sugiyama ☎77-0079

Bicycle Rentals

Aya Bus Center ~ (1 to 2 minute walk) ~ Fureai Building or Aya Tourist Information Center
Rental Fees for 2 hours ☉Electric bicycle: 300yen ☉Traditional bicycle: 200yen
☉Tandem bicycle: 400yen (at Fureai Building)
※If you use each above more than 2 hours, you have to pay 50 yen per 30 minutes.

Access to Aya Town

By bus ☉It takes about 60 minutes by taking the Kunitomi-Aya Bus Line from Miyazaki Station or Miyako-city Bus Center to Aya Bus Center.

Contact

Aya Biosphere Reserve Promotion Division of Aya Town
☎0985-77-3482 Fax : 0985-77-2094 E-mail: aya.BR.2012@town.aya.lg.jp

issued in March 2016

Forest Therapy Courses of Aya Town

Taking a guided walk through the forest will relieve your mental and physical stress and leave you feeling refreshed.

Guide Fee: 5,000 yen for a guide (for up to 6 people)
Group rates and required time are negotiable.
Reservations are required a week in advance and can be canceled only in the case of heavy rain. A special packed lunch with tea will be prepared for an additional 800 yen.
[Contact] Aya Biosphere Reserve Promotion Division of Aya Town E-mail : aya.BR.2012@town.aya.lg.jp

Central Aya Course

(Distance: about 1.5km)

Best Season: Spring (You can walk here throughout the year.)
About a 10 minute walk from the Aya Tourist Information Center to the Aya Castle starting point
You can enjoy strolling in the forest with or without therapy guides.
This therapy course covers almost the same area as the Walking Course between the Aya Equestrian Park and Aya Castle.



Kawanaka Natural Park Course

(Distance: 1.5~3.5km)

Best Season : from Winter to Spring
About a 40 minute drive from the Aya Tourist Information Center
It is strongly recommended that you walk with therapy guides, since the walking trail is obscure and hard to follow.

A : Easy Course (Distance : about 1.5km)

You will leisurely stroll along a tram road and a river, and see a huge Ichii live oak tree.

B : Satisfying Course (Distance : about 3.5km)

You will take a long walk, dropping by the Kawanaka Shrine, an old pilot tunnel and a natural spring, selected as one of Japan's 100 Best Natural Waters by the Environment Ministry.



[Precautions for walking in the forest]

- You should prepare shoes for hiking, rain gear in case of rain and a bottle of water.
- During seasons of high humidity from May to October, you should be especially aware of leeches and pit vipers. It is highly recommended that you wear a hat, long-sleeve shirts, long pants, thick and long socks (so that you can tuck your pants into your socks) to cover as much of your skin as possible. Blackish clothes are unsuitable.
- Picking up plants and other things is prohibited.
- Please take your garbage home.