

TRAVEL GUIDE  
to recharge your  
mind and body  
in Miyazaki

# Detox Trip Miyazaki.





Visit Miyazaki and...

Model courses recommended by locals

# DETOX YOUR BODY AND SOUL

The beautiful sea and leafy mountains. Mild sunshine and kind local people.  
 A variety of specialties produced by nature and people.  
 I found many things to heal my soul in Miyazaki.



*Praying at Aoshima Shrine!  
 This place was popular as a honeymoon destination 50 years ago, so I decided to make a wish to find my soulmate. I'm not desperate, though...!*

## MIYAZAKI AREA 01 MIYAZAKI + AOSHIMA AREA

The shrine where Yamasachihiko (Grandfather of Emperor Jimmu) and his wife, Toyotama-hime are enshrined. It is said that this shrine will offer good luck for things such as matchmaking and childbirth.



## NICHINAN AREA 02 NICHINAN AREA UDO SHRINE

This shrine is said to be the place where Toyotama-hime gave birth to Ugayafukiaezu no mikoto. It is said that your wish will come true if you throw an "undama" into the hollow on the back of the "turtle stone" out in the sea.

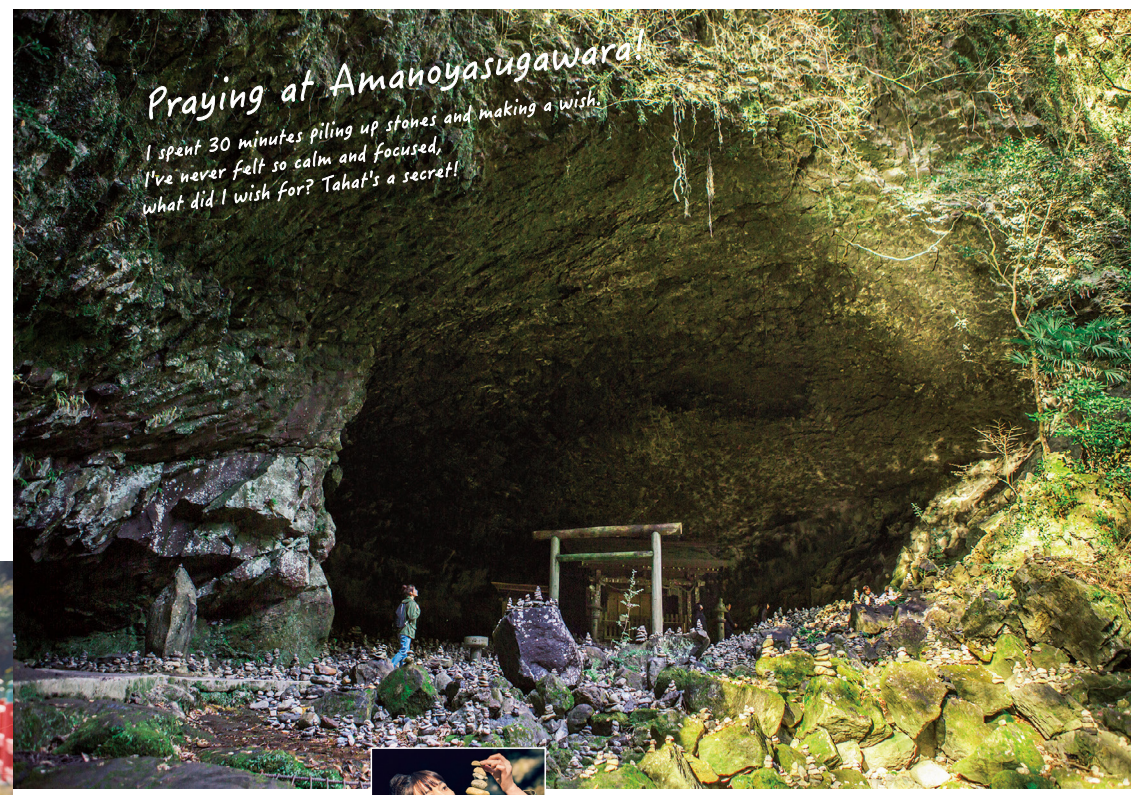


*Relaxing at Udo Shrine!  
 A cliff, cave and small shrine. Since there are no crowded trains and skyscrapers here, I can release myself.*

**ABOUT MIYAZAKI**  
 Miyazaki Prefecture is full of tropical atmosphere; phoenix palm trees, the tree of Miyazaki Prefecture, mild climate, and famous surfing spots. It is also famous for tourist spots, such as Takachiho, one of the most sacred places in Japan, and delicious local food such as mangoes and Chicken Namban.

## To forget the hustle and bustle, and heal your mind, visit Miyazaki.

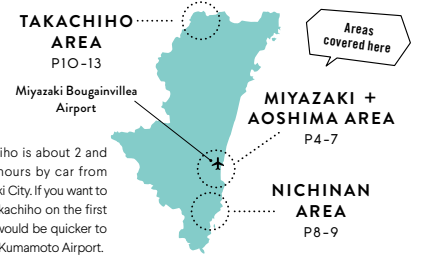
Miyazaki Prefecture is proud of its high average temperature, long hours of sunlight, and high number of clear days. The bright, mild weather in Miyazaki is what gives it its beautiful natural scenery, climate, and warm personality, which is why it's called "The sunny side of Japan". A trip to Miyazaki will give you a great chance to relax. The warm and friendly people and surroundings will help your stress and worries fade away. According to the Kojiki (one of the Japan's oldest extant works of literature), Miyazaki was the place where the gods first descended to earth, and is the setting for many ancient myths and legends. Maybe Miyazaki's "warmth" comes from it's important place in the origin of Japan.



*Praying at Amanoyasugawara!  
 I spent 30 minutes piling up stones and making a wish. I've never felt so calm and focused, what did I wish for? That's a secret!*

## TAKACHIHO AREA 03 TAKACHIHO AREA AMA NO YASUGAWARA

It is said that the deities gathered in this cave to figure out a way to lure Amaterasu Omikami, the sun goddess, out of the cave she had hidden herself in. Worshippers pile up stones here.



Takachiho is about 2 and a half hours by car from Miyazaki City. If you want to visit Takachiho on the first day, it would be quicker to fly into Kumamoto Airport.



AREA  
01

Fully enjoy the feeling of freedom with delicious food, Shochu and superb views from Friday night.

# MIYAZAKI・AOSHIMA

The beautiful sea, great surfing spots, specialty goods, local gourmet stores, and superb views unique to this area all gather here in the center of Miyazaki Prefecture. Enter into Miyazaki on Friday night after work and have a great time.

## A MODEL COURSE IN MIYAZAKI/AOSHIMA

**[ARRIVE IN MIYAZAKI] 22:00** Eat Miyazaki local free-range chicken → **23:00** Have a fruit parfait → **[DAY 1]**  
**9:00** Aoshima Shrine → **10:00** Take a break with a mango smoothie → **11:00** Botanic Garden → **12:30** Seafood lunch → **14:00** Tropical road → **14:30** Aoshima Beach Park → **15:30** Hammock Café → **16:30** Aoshima Hot Spring → **18:00** Dinner at the seashore



**10:00**  
**Take a break with a mango smoothie**

Take a break from walking with a delicious mango smoothie or ice cream. Look for them at cafés and souvenir shops.

[Photos by] **Palo Borracho Cafe**  
☎ 0985-65-1042 📍 2-12-1 Aoshima, Miyazaki-shi, Miyazaki

You can't have Miyazaki without mangoes!



**11:00** **Stroll around a botanical garden filled with tropical atmosphere.**

In the sister garden of the world-famous Singapore Botanic Garden, you can enjoy a relaxing stroll and see some of the largest plants in Japan such as large ferns called "ryubinta" and big mango trees.

**Miyakoh Botanic Garden Aoshima**  
☎ 0985-65-1042  
📍 2-12-1 Aoshima, Miyazaki-shi, Miyazaki



## ARRIVE IN MIYAZAKI

**22:00** **Enjoy delicious food in Miyazaki at night!**

If you want to enjoy delicious food on the first night, you should try Miyazaki's local free-range chicken with its delicious firm texture and juiciness. You can enjoy it prepared in various ways such as flame grilled over charcoal, sashimi, and lightly seared.



[Photos by] **Kakushigura, Main Store of Gunkei**  
☎ 0985-28-4365 📍 8-12 Chuo-dori, Miyazaki-shi, Miyazaki



Full of fruits from Miyazaki!



**23:00** **Have an exquisite fruit parfait to finish!**

Miyazaki is famous for fruits such as mangoes, passionfruit, and hyuga natsu that are indigenous to tropical areas. For example, there is a store where you can enjoy a delicious parfait after a night out.

[Photos by]  
**Fruits ONO ANNEX**  
☎ 0985-86-6288 📍 2F K&K-mansion 2-7-2 Tachibanadorinishi, Miyazaki-shi, Miyazaki

DAY 1

**9:00** **Pray for a good match at Aoshima Shrine!**

About 30 minutes by car from the city center, this shrine is located in the middle of an island connected to the mainland by a bridge. Many people visit this shrine to pray for luck in romance, safe childbirth, safe travels and traffic safety. The Motomiya (former shrine) is the northernmost place in the northern hemisphere where palm trees grow in clusters, and has a unique atmosphere.

**Aoshima Shrine**  
☎ 0985-65-1462  
📍 2-13-1 Aoshima, Miyazaki-shi, Miyazaki



The Devil's Washboard is spectacular!



The eroded rocks that can be seen at low tides along the coast are designated as a natural monument. The entire area of Aoshima is surrounded by these eroded rocks, referred to as the "Devil's Washboard".

Kakushigura, Main Store of Gunkei is involved in producing Miyazaki's local chicken, so the tastiness is guaranteed. If you stay overnight in Aoshima, "Aoshima BAR" is a recommended spot.

The island of Aoshima is about 1.5km around, and has a path to make it an easy walk. You can see a lot of subtropical plants and seabirds here. A walk around Aoshima, listening to the sound of the waves, is sure to heal your soul!

There are many different ways to make a wish at Aoshima Shrine. For example, you could try *Masago no kaibumi* where you offer a shell you chose from the sea shore, and "*Musubi koyori*" where you tie a different colored paper string around a Chinese fan-palm depending on your wish.

The Devil's Washboard is spectacular, seen from any angle. The view from Horikiri Pass is especially magnificent. The lookout on the pass at an altitude of 60 m commands a great view and makes a fantastic photo spot.



## 12:30 Fully savor the seafood of Miyazaki!

The sea around Aoshima provides a lot of fresh seafood. You can see plenty of it gorgeously arranged on plates at the restaurants in Aoshima. Enjoy Miyazaki's famous local seafood such as sea bream, bonito and spiny lobster.



[Photos by] **Amimoto**

☎ 0985-65-0125 📍 1-5-5 Aoshima, Miyazaki-shi, Miyazaki



14:30

## Relax at Aoshima Beach Park among stylish beach houses.

The beach houses are open at the bathing beach in Aoshima from spring to autumn. There are unique restaurants, and the entire park is lit up at night, creating a romantic mood.

**AOSHIMA BEACH PARK**

☎ 0985-65-1055

📍 2-233 Aoshima, Miyazaki-shi, Miyazaki

\*From late April to September



## 14:00 Bask in the sun at the Tropical Road.

Lookout at the endless sea and blue sky. The promenade stretches from Aoshima to Miyazaki Prefectural Comprehensive Sports Park, and you can feel the sea breeze while enjoying a walk or cycle. Bicycle rental service is also available.

📍 The coastline from Aoshima to Miyazaki Prefectural Comprehensive Sports Park



It's famous as a beautifying hot spring!



## 16:30 Take a bath at Aoshima Hot Spring!

The water in Aoshima Hot Spring is semi-carbonated, and is believed to be good for the skin. There are places which command a panoramic view of the Pacific Ocean and hot springs where you can see the Devil's Washboard at close range.

18:00

## Have dinner holding a wine glass in one hand, and overlooking the sea.

Snacks cooked with seasonal food and alcoholic drinks are accompanied by a night breeze that softly brushes your cheek and the light sound of waves. The views of Aoshima from the outdoor seats are amazing and different from the ones in daytime.

[Photos by] **COAST LIFE**

☎ 0985-75-0673

📍 4710-13 Kaeda, Miyazaki-shi, Miyazaki



## 15:30 Experience "Hyuga time", swinging in a hammock.

Have lunch cooked with vegetables harvested in local farms. Swing in a hammock, drinking freshly-brewed filter coffee. Spending your time relaxingly is the real pleasure of traveling to Miyazaki.

**AOSHIMA HAMMOCK**

☎ 0985-69-6602 📍 7245-1 Kaeda, Miyazaki-shi, Miyazaki



"Amimoto" is a restaurant recommended for lunch in Aoshima. Aoshima Meal with assorted sashimi of more than 8 kinds of seafood and fried flounder, sweet-sour Mozuku, small side dishes and miso soup is sure to satisfy.

If you want to fully enjoy the tropical atmosphere, you can just relax at a beach. Relaxing with cold drinks and snacks in a place surrounded by the blue sky and sea is a great way to spend some time.

The postbox in Aoshima is not red but yellow, and is called "the happy yellow postbox". Camera stands are installed for photo shooting, so you can take a picture with the postbox and Aoshima in the background.

If you want to enjoy meals overlooking the sea, "COAST LIFE" is recommended. The restaurant always has 3-6 types of raw oysters, and a range of Tsuno wine from Miyazaki. The risotto with thick oyster extract is also exquisite.



AREA  
02

Be healed by the sea breeze and delicious food while visiting historical sites.

# NICHINAN

Located in the southern area of Miyazaki Prefecture, and 1 hour by car from Miyazaki city, the Nichinan area has tons of delicious local specialties, and lots of great things to capture in photos.

## A MODEL COURSE IN NICHINAN

9:00 Nichinan Coast → 10:00 Udo Shrine →  
11:30 Seafood lunch → 12:15 Miyaura Coast →  
12:30 Sun Messe Nichinan → 14:00 Obi Castle →  
18:00 Rice topped with seared bonito



### 9:00 Drive along the Nichinan Coast

Drive along the Nichinan Coast toward Udo Shrine. The highway here, called the "Nichinan Phoenix Road," was chosen as one of the top 100 roads in Japan. The ice cream from Michi no eki Phoenix is famous.

**Michi no eki Phoenix**  
☎ 0985-65-2773  
📍 381-1 Uchiumi, Miyazaki-shi, Miyazaki



### 10:00 Try your luck at Udo Shrine.

The main shrine is located in a huge cave facing the sea. It is believed this shrine will bring good luck in romance, safe childbirth, childcare and safe travels. It is said that your wish will come true if you throw an "undama" into the hollow on the back of the "turtle stone", located in front of the main shrine.

**Udo Shrine**  
☎ 0987-29-1001 📍 3232 Miyaura, Nichinan-shi, Miyazaki



### 11:30 Eat your fill of Miyazaki's seafood over rice.

Nichinan City has great seafood. If you order "kaisen-don", you will get a rice bowl topped with various seafood.

[Photos by] **Taikai**  
☎ 0987-29-1308  
📍 568-1 Miyaura, Nichinan-shi, Miyazaki

Udo shrine sells cute stamp books with a rabbit design, as it is said to be a messenger for the gods. They offer a chic one with a black cover, and also a pink one. Some people buy both.

For fresh seafood on your way to Nichinan area, try "Taikai" located on the Miyaura Coast. Taikai's meals are full of seafood such as sashimi of red and white fish, purple sea urchin, and salmon roe.



### 12:15 Enjoy a sense of space at the Miyaura Coast

Refresh yourself with some time near the sea, watching the surfers and the wildlife off the coast.

**Miyaura Coast** 📍 Miyaura, Nichinan-shi, Miyazaki



### 12:30 Encounter Moai at Sunmesse Nichinan.

In this vast park commanding a great view of the Nichinan Coast, you can see 7 Moai statues (Ahu Akivi) that were reproduced with the approval of the council of Elders of Easter Island. There is also an exhibit of globally rare insects, and some restaurants, and stalls.

**Sunmesse Nichinan**  
☎ 0987-29-1900 📍 2650 Miyaura, Nichinan-shi, Miyazaki



Moss grows in a gallery renovated from a merchant house and the castle remains. There are many must-see spots, such as Hattori Botanical Laboratory that researches the moss.

### 14:00 Stroll around the elegant town of Obi Castle.

Samurai residences from around the Edo period line the streets and conjure up an image of days gone by. You can easily spend a whole day, strolling around tea shops, stores, archery range, museums, and other buildings.

**Obi Castle Ruins**  
📍 10-1 Obi, Nichinan-shi, Miyazaki

Pick up some cute moss-themed souvenirs!



### 18:00 Have dinner of a rice box topped with roasted bonito recommended by local people.

Nichinan City is proud to have the highest haul of line-caught bonito in Japan. It is recommended to try bonito simply marinated in soy sauce first, then sear it using a charcoal brazier. Finish by mixing the remaining rice and bonito with tea.

The unique local Japanese thick omelet is a must-try while sightseeing around Obi Castle. It's mildly sweet, and people who eat it for the first time often mistake it for pudding. The smooth texture is exquisite.

There are nine distilleries in Nichinan, which sell a variety of Shochu. There are many people who visit them in the pursuit of delicious Shochu that suits their favorite flavor and style.



AREA 03 Visit spiritual power spots, and purify your body and soul

# TAKACHIHO

Takachiho is considered to be a particularly sacred place in Japan, and the place where the grandson of Amaterasu, the sun goddess, descended to earth. Purify your mind and body by experiencing myths, history, and culture while sightseeing.

## A MODEL COURSE IN TAKACHIHO

**DAY 1** 11:30 Takachiho Gorge → 13:30 Eat Takachiho beef → 14:30 Amaterasu Railway → 20:00 Night Kagura at Takachiho Shrine **DAY 2** 5:30 Kunimigaoka → 8:30 Have cheese manju → 9:00 Gamadase Market → 9:30 Aratate Shrine → 10:30 Amanoiwato Shrine/Ama no yasugawara → 13:00 Gokase Winery → To Kumamoto Airport



### DAY 1

#### 11:30 Heal your soul with the wonder of nature at Takachiho Gorge.

This spectacular ravine was created by an ancient eruption of Mt. Aso. There are many great things to see such as 7km of high cliffs, Manai Falls, where water falls from a height of 17 m, and Takachiho Sanbashi (3 bridges). The view from a rental boat is a must-see.



See the waterfall up close using a boat.

**Takachiho Gorge**  
☎ 0982-73-1213 (Takachiho Tourism Association)  
📍 Oshioi, Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki

The sightseeing rental boats of Takachiho Gorge are very popular. You can check current wait times on the website of the Takachiho Tourism Association. You can also reserve a rental boat online.

If you want to eat Takachiho beef at a reasonable price, try the niku-meshi meal at Nikukobo Hatsue. They use high quality meat, and cook it with fresh onions and salty-sweet soy sauce that is unique to Kyushu.



#### 13:30 Eat Takachiho beef, a local specialty.

Takachiho beef is one of the most famous beef brands, and has won the Prime Minister's Award. You can order various types of beef dishes such as beef steak, Korean-style BBQ, and a Takachiho beef and rice meal.

[Photos by] **Hatsue, Nikukobo**  
☎ 0982-72-2468 📍 1404-4 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki



The view from the highest peak is superb!

#### 14:30 Take the AMATERASU RAILWAY, and enjoy the magnificent scenery.

This railway attraction was created using the disused Takachiho Railway. Go to the highest point of Takachiho Bridge at a height of 105 m on an open carriage.

**AMATERASU RAILWAY**  
☎ 0982-72-3216 📍 1425-1 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki



You can see statues of the gods everywhere in Takachiho.



#### 20:00 Enjoy Takachiho night kagura

Takachiho is known as a "town of Kagura". The myths have been passed down through ritual dances called Kagura. Depending on the region, Kagura is performed at different times, but dances are performed every night at Takachiho Shrine. Only the more popular dances are performed, so you can enjoy it for an hour.



**Takachiho Shrine**  
☎ 0982-73-1213 (Takachiho Tourism Association)  
📍 1037 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki

Several monuments depicting myths relating to this region are scattered in Shinden-dori Street, stretching from Takachiho Shrine to the center of the town. When night falls, the monuments are lit up. Make sure to check them out!

The Tochimata terraced rice-fields sit beside the highway stretching from the center of Takachiho to Amanoiwato Shrine. They farm rice and tobacco in these fields. You can enjoy great seasonal views and feel refreshed every time you visit.

MIYAZAKI — TAKACHIHO

Tonkoro's an early start, so go to bed early!





DAY 2

### 5:30 You will be moved by the sea of clouds at Kunimigaoka.

You can see the sea of clouds from the Kunimigaoka lookout, which is located at an altitude of 513m. The spectacular view, which can only be seen at certain times, is sure to take your breath away. The best time to see it is early in the morning from mid-September to late November, on sunny, calm, cool days.

#### Kunimigaoka

📍 Oshikata, Takachiho-cho, Nishiusuki-gun, Miyazaki

### 8:30 Fill a gap with a freshly baked cheese manju.

Cheese manju, one of Miyazaki's local specialties, feature cream cheese wrapped in crispy cookie dough. You can buy them at Gamadase Market, but some stores serve freshly baked cheese manju on the spot.



[Photos by] **Confectionery SORAIRO**  
☎ 080-9243-9606  
📍 1050 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki

Local tea, honey and vegetables!



[Photos by]

#### Gamadase Market

☎ 0982-73-1831 (Kihachi-no-kura)  
📍 1099-1 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki

### 9:00 Get souvenirs and local products at Gamadase Market.

If you want to buy souvenirs unique to Takachiho such as natural honey made by Japanese honeybees and healthy tea made with Angelica Shikokiana that used to be considered as a secret medicine, try this store.

If you want to eat freshly baked cheese manju, try "Confectionery SORAIRO". A fresh batch is baked every 10 minutes from 9:00 to 10:00. There are 6 types of cheese manju to try, such as a blue cheese manju that pairs perfectly with wine.

Obashi Ravine is located upstream from Takachiho Gorge. The ravine is also known as is Okutakachiho Gorge. This beautiful ravine has a healing effect. If you visit Takachiho Gorge, you should stop by this special place.

Hit the woodblock in the shrine 7 times



9:30

### Visit Aratate Shrine that is believed to bring good luck in entertainment and matchmaking.

The shrine is believed to offer good luck in matchmaking and entertainment, so many entertainers visit here. It is said that if you hit the woodblocks in the precincts 7 times, your wish will come true.

#### Aratate Shrine

☎ 0982-72-2368 📍 667 Mitai, Takachiho-cho, Nishiusuki-gun, Miyazaki



10:30

### Recharge at Amanoiwato Shrine and Ama no yasugawara!

This is the place where the Shinto deities gathered to think of a way to draw Amaterasu Omikami out of the cave of Amanoiwato. When you walk the road running along the Iwato River, you will find a small shrine in a big cave.

#### Amanoiwato Shrine

☎ 0982-74-8239 📍 1073-1 Iwato, Takachiho-cho, Nishiusuki-gun, Miyazaki



This place was the setting for the Amanoiwato myth, in which Amanoiwato (the place where Amaterasu Omikami was hiding) is reversed. There are two main shrine buildings, east and west, one at each end of the Iwato River. Ama no yasugawara is a 10 minute walk from the West Shrine building.

Hitting woodblocks many times is a practice unique to Aratate Shrine. It is said if you hit the woodblocks in the shrine 7 times, using a wooden hammer, your wish will come true.

You can see and pray to the Amanoiwato cave from the altar behind the worship hall in Amanoiwato Shrine, but you can't go inside individually. The Shinto priest will conduct tours at fixed times, so check the timetable.

13:00

### Buy wine at Gokase Winery.

This winery uses grapes grown in Gokase. Red, white, rose, and sparkling wines are available. They all have crisp, refreshing tastes, so many people buy them as a souvenir.



#### Gokase Winery

☎ 0982-73-5477  
📍 4847-1 Kuwanouhi, Gokase-cho, Nishiusuki-gun, Miyazaki

Head home completely relaxed



## Extend your journey.

There's many more!

## Recommended

## spots in Miyazaki

1 Northern Area / Nobeoka  
**Hourigawa Hot Spring of Beauty**



This is a natural hot spring with a view of Mt. Okueyama in Sobokatamuki Quasi-national Park. It is known as a hot spring of beauty and is good for smooth skin.

📍 10358-10 Kawachimyo, Kitagawa-machi, Nobeoka-shi, Miyazaki  
☎ 0982-23-3080

2 Northern Area / Nobeoka  
**Mt. Hieizan / Senjoki Lookout**



This lookout has a superb view of Mt. Hieizan. Mt. Hieizan has some granite porphyry and is famous as a place for climbing.

📍 Sugebaru, Kitakata-machi, Nobaoka-shi, Miyazaki

5 Northern Area / Takachiho  
**Guest House Maroudo**



This is a cozy guest house which serves original and local dishes with food from Takachiho. There are sightseeing spots such as Akimoto Shrine and a giant katsura tree that is estimated to be over 500 years old.

📍 6604 Mukouyama, Takachiho-cho, Nishiusuki-gun, Miyazaki  
☎ 0982-72-7226

6 Central Area / Aya  
**Brewery Aya, Shusen-no-Mori**



This sightseeing facility is directly operated by Unkai Shuzo. There are some stores where you can try sake and buy souvenirs from Miyazaki, a winery, glass-blowing studio, restaurants and a hot spring.

📍 1800-19 Minamimata, Aya-cho, Higashimorokata-gun, Miyazaki  
☎ 0985-77-2222

3 Northern Area / Hinokage  
**Ishigaki Chaya**



This shop is located in the settlement of Togawa Hinokage, which is called a town of stone walls. Local specialties are sold and you can stay overnight, but reservations are required for meals.

📍 7282-1 Nanaori, Hinokage-cho, Nishiusuki-gun, Miyazaki  
☎ 0982-87-2295

4 Northern Area / Morotsuka  
**Morocco House**



The two-storey wooden building is a shop for specialties of Morotsukason, which is filled with smell of trees. The specialties are dried shiitake mushrooms, yuzu pepper, and mugwort dumplings.

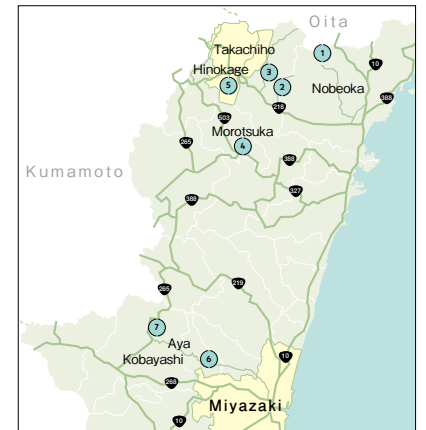
📍 2640-3 Eshiro, Morotsukason, Higashiusuki-gun, Miyazaki  
☎ 0982-65-0264

7 Western Area / Kobayashi City  
**SUKIMULAND**



This leisure facility spreads around Ono Lake and Mamako Falls. The facility offers various activities such as a hot spring, camping, and various ways to experience nature.

📍 412-6 Sukishimoda, Kobayashi-shi, Miyazaki  
☎ 0984-48-2480



### Miyazaki Event Calendar

#### Aoshima Naked Festival

Second Monday in January



Around 400-500 people participate in this event to perform ritual purification in the winter sea based on the legend of Yamasachihiko.

#### Sports Camps

January - February



You can see various sports teams such as professional baseball and J League soccer teams training in Miyazaki.

#### Hyuga Hyottoko Summer Festival

First Saturday in August



Dancers from all over the country participate in the event and walk through the city, dancing to the rhythm of music.

#### Obi Castle Festival

Third Saturday/Sunday in October



The main event of the festival is the spectacular parade where samurai generals and female warriors stroll around.

#### Takanabe Castle Lantern Festival

Mid-October



At the venue of Maizuru Park, the ruins of Takanabe Castle and its vicinity, around 10,000 lanterns are illuminated.

#### Miyazaki Shrine Festival

Late October



The parade of a portable shrine embodying Emperor Jimmu fires up the crowd.





Air line		
Route	Travel time	Company name
Tokyo (Haneda) — Miyazaki	About 90 min.	ANA·JAL·Solaseed Air
Tokyo (Narita) — Miyazaki	About 100 min.	Jetstar
Osaka (Itami) — Miyazaki	About 60 min.	ANA·JAL
Osaka (Kansai) — Miyazaki	About 65 min.	Peach
Nagoya (Chubu) — Miyazaki	About 75 min.	ANA·Solaseed Air
Fukuoka — Miyazaki	About 40 min.	ANA·JAL·ORC
Okinawa (Naha) — Miyazaki	About 80 min.	Solaseed Air
Seoul — Miyazaki	About 100 min.	ASIANA AIRLINE
Taipei — Miyazaki	About 120 min.	CHINA AIRLINE

Bus		
The travel time is just a guide. Reservations required excluding some parts.		
Sections	Bus names	Travel time
Fukuoka — Miyazaki	Phoenix-go Mito City Liner Sun Marin Liner	About 4 hours 20 min.
Fukuoka — Nobeoka	Gokase-go	About 4 hours 30 min.
Kumamoto — Miyazaki	Nanpu-go	About 3 hours 25 min.
Kumamoto — Nobeoka	Takachiho-go	About 4 hours 5 min.
Kagoshima — Miyazaki	Hamayu-go	About 2 hours 45 min.
Nagasaki — Miyazaki	Blue Roman-go	About 5 hours 20 min.
Beppu/Oita — Nobeoka /Miyazaki	Pacific Liner	About 3 hours 45 min.
Takachiho — Miyazaki	Operation on specified dates	About 2 hours 40 min.
Nobeoka — Miyazaki	Himuka	About 1 hour 55 min.

JR (Limited express)		Car Ferry	
[ Starting point ]	*Travel time to Miyazaki Sta.	[ Route ]	Route from Kobe
Hakata	About 5 hours 10 min.	[ Number of services/Time table ]	Kobe → Miyazaki
Kokura	About 4 hours 25 min.	Mon.-Sat: Departure 19:10 → Arrival 8:40 on the following day.	
Oita	About 3 hours	Sun: Departure 18:00 → Arrival 8:40 on the following day	
Nobeoka	About 1 hour	Miyazaki → Kobe	
Hyuga	About 45 min.	Departure 19:10 → Arrival 7:30 on the following day	
Kagoshima Chuo	About 2 hours		
Miyazaki Airport	About 10 min.		

JR(Shinkansen)+Express bus(B&S Miyazaki)	
[ Starting point ]	*Travel time to Miyazaki Sta.
Hakata	About 3 hours 5 min.
Shinyatsushiro	About 2 hours 5 min.

\*As of April, 2020

## Sightseeing train; Limited express Umisachi-Yamasachi



This special sightseeing train runs on the Nishikan Line between Miyazaki City area and the Nishikan area. You can enjoy beautiful views while sitting comfortably on a sofa surrounded by a plush interior trimmed in local Obi cedar.

✉ JR Kyushu Information Center  
☎ 050-3786-1717 (8:00-20:00)



The symbolic character of Miyazaki Prefecture: Miyazaki-ken (dog)

## Take the “Nishikan Megurigo” tour bus for sightseeing in Nishikan



This tour bus visits sightseeing spots in the southern area of Nishikan. It matches up with the time-table of the Umisachi-Yamasachi, JR Kyushu limited express. Enjoy a relaxing bus tour while admiring the scenery.

✉ Miyazaki Kotsu Customer Bus Information Center  
☎ 0985-32-0718 (weekday 9:00-18:00)

## Take a sightseeing bus operated by Miyazaki Kotsu for sightseeing around the Nishikan Coast and Obi.



Sightseeing buses connect Miyazaki Airport, major hotels and sightseeing spots, and include special gifts such as lunch and your wishes coming true for 5,000 yen per adult on Saturdays, Sundays and national holidays.

Miyazaki Kotsu, Miyako City Branch  
☎ 0985-52-7111 (9:00~19:00)

Rates may change after April 2020

The Official Miyazaki  
Prefecture Travel Guide,  
Shun Navi



Shun Navi Instagram  
@miyazaki\_shunnavi

