

Stay and experience the charm of the richly verdant south



Miyazaki Farm Stay

Refresh your mind and body
on the sunny side of Japan



Detox in villages full of myth

Takachiho area (Takachiho Town, Hinokage Town,
Gokase Town, Morotsuka Village, Shiiba Village)

Active experiences

Nobeoka area

Feel the bonds between people

Kita-Kirishima area
(Kobayashi City, Ebino City,
Takaharu Town)

Health tourism

Saito area





Experience Harvesting in Nature

These valuable experiences will let you see firsthand how fruits and vegetables normally only encountered in supermarkets grow and mature. Don't miss this chance to learn about the foods so vital to our lives.

Miyazaki

Primary Farm Stay Areas in Miyazaki Prefecture



Biosphere Reserves

Nobeoka

A natural treasure trove of mountains, rivers and seas to play in

Though Nobeoka is one of the leading industrial cities in the prefecture, its mountains, rivers and seas provide a plethora of outdoor activities to enjoy. It also boasts seafoods like *ise-ebi* (spiny lobster) and *mehikari* (round greeneye fish), as well as mountain delicacies like shiitake mushrooms, bamboo shoots, and Japanese yams.

Globally Important Agricultural Heritage Systems

Takachiho



A secluded village known from ancient myths

This mountain hamlet, surrounded by terraced rice fields, is said to be where the grandson of the sun goddess descended from the heavens, and is dotted with sites tied to Japanese mythology. It is also the most famous sightseeing area in Miyazaki, attracting tourists from both within the prefecture and further afield.

Kirishima Geopark

Kita-Kirishima

Visitors are enthralled by the natural beauty extending from the foot of the Kirishima Mountains

Kita-Kirishima consists of two cities and one town bordering Kagoshima Prefecture: Kobayashi, Ebino, and Takaharu. This area is rich in nature, with bountiful produce and terraced rice fields fed by runoff from rainfall over the Kirishima Mountains.



Japan Heritage

Saito

A historic town steeped in the romance of bygone ages

This area is rich in history. It not only boasts one of the largest burial mound complexes in Japan (the Saitobaru Burial Mounds), but is also home to numerous locations that appear in Japan's most ancient historical texts: the *Kojiki* (Records of Ancient Matters) and the *Nihon Shoki* (Chronicles of Japan). Blessed with a warm climate, the region produces many high-quality crops.



We're doing our utmost to prevent the spread of infection!

- 1 Guests are required to take their temperature, disinfect their hands, and wear a mask before entering lodgings.
- 2 Rooms are thoroughly ventilated
- 3 Dining with others is limited to two hours, and masks should be worn whenever guests are not eating
- 4 To avoid close contact, the number of guests is limited to half the usual capacity

Lodging in the Country is an Extraordinary Experience

Cook dinner with ingredients harvested that day, bathe in water warmed with firewood, and stroll beneath star-filled skies... Such magnificent moments, which can't be found in the city, become memories that last a lifetime.

Joyful Personal Interactions

When you stay here, you're not a guest, you're family. Part of the charm of a farm stay is the feeling of familiarity you get for an area you've never visited before. Don't hesitate to chat with your hosts and ask them to share the attractions of country life.

Farm Stays

So just what is a **Farm Stay**?
 These are destination trips that allow visitors to get a feel for a certain area. Guests lodge in farmhouses, traditional Japanese houses, old schools, and other places that suit their requirements. This allows them to both experience the type of lifestyles that fully utilize the resources in rural areas, and enjoy interacting with the people who live there.

There are many plans that allow you to experience the agriculture, nature, and culture of a region while surrounded by the natural riches of each season. Find your second hometown in Miyazaki, the sunny side of Japan!

Enjoy health tourism by walking through the historic countryside

With its verdant mountains and beautiful coastlines, Miyazaki is blessed with nature. Staying here gives you easy access to a wide variety of activities from mountain-climbing to marine sports. Even strolling around historic sites in pastoral areas is a great way to stay healthy. Make your trip a chance to remind yourself of the value of good health!



Check this out → P11, 15



Find a New Way to Enjoy Farm Stays

Miyazaki × Farm Stay = Workation!



Advantage 1 Work and rest in an environment you enjoy

A "workation" is working while vacationing in a resort area. Miyazaki Prefecture is an early supporter of this new style of work/play, and many new lodgings are popping up that allow guests to enjoy both farm stays and workations. These lodgings are located among a diverse array of terrain from farmland to mountains and seas, giving travelers the option to pick a location that meets their needs and goals.

Advantage 2 Commuting becomes an outdoor activity

One benefit of a workation is that it liberates you from rush hour and the tumult of the city. Immersing yourself in the rich greenery and clean air of rural Miyazaki will not only soothe your mind and body, but will also naturally make you more productive in your work. Once you finish up your tasks for the day, you can pour yourself into your outdoor pursuits.



Be a part of global efforts to achieve SDGs with hands-on learning

SDGs: International goals that aim to create a better and more sustainable world by 2030. The SDGs comprise 17 goals and 169 targets.

Farm stays in Miyazaki focus on learning about Sustainable Development Goals 4 (Quality Education), 5 (Gender Equality), 13 (Climate Action), 14 (Life Below Water), and 15 (Life on Land).



Check this out → P10, 12

Check this out → P4-7

Relax into Life in Secluded Regions

Takachiho Area

[Access from Miyazaki City]

Car

Higashi-Kyushu Expwy Miyazaki-nishi IC
→ Higashi-Kyushu Expwy, Nobeoka Rd,
Kitakata-Nobeoka Rd → Kitakata-Nobeoka
Rd Kurata Int. Exit → Nat Rt. 218, Pref Rd.
50/203 (Approx. 128 km / 2 hrs)

Train + Bus

JR Miyazaki Station → Nippo Main Line Ltd.
Express (Approx. 1 hr 5 mins) → JR Nobeoka
Station → Kumamoto-bound Highway Bus
(Approx. 1 hr), or Miyakoh Bus towards the
Takachiho Bus Center (1 hr 30 mins)

*Takachiho can also be reached from Aso
Kumamoto Airport.

Aso Kumamoto Airport → Pref Rd. 28, Nat
Rt. 265/325 (Approx. 64 km)

Telework

Dive into your work with an invigorating Takachiho breeze on your face. The quiet environment will help you concentrate and make progress in your work. Each time you glance up, your eyes are met with an expansive view of terraced rice fields that takes the tension out of your shoulders.



Try Takachiho Beef

With the cows born and raised amidst abundant nature, Takachiho beef is famed for its tenderness and mellow flavor. After putting in all that hard work, a lunch of Takachiho steak on the last day of the trip is the perfect reward!



Check P9 for information on tourist attractions!

Detox in Villages full of Myth

Takachiho is one of the foremost spiritual spots in Japan. Stay in a quiet village and tour ancient shrines intertwined with the long history of Japanese myths. The soothing environment created by beautiful, terraced rice fields and experiences of local life, make it a perfect place for telework.

Magazine Simulation: How to spend time in Takachiho!

First Head to the Mystical Gorge

The Takachiho Gorge is one of the most popular tourist attractions in Miyazaki Prefecture. The mystical beauty of Manai Falls, as they surge over the towering bluffs, leaves visitors spellbound. Why not hop in a boat and see them from the water?



Tour Kyushu's Most Spiritual Spots

The area is rich with places connected to myth, such as

Amano Yasukawara, a cave on a riverbed where legend states all the Shinto deities gathered to discuss what to do about the sun goddess Amaterasu,*1 who hid herself in the Amano Iwato cave and plunged the world into darkness. Try to visit all the spots.



See the Spectacular Yokagura! *2

After dinner, catch a Yokagura performance. Throughout the year, Kagura performances in the Kagura-den Hall of Takachiho Shrine provide one-hour digests of Yokagura highlights like the Dance of Tajikarao and the Dance of Uzume. These include explanatory commentary as well!

Enjoy an Experience Unique to Takachiho!

Try your hand at Erimono, as you savor the afterglow of last night's Yokagura performance. Erimono are paper decorations displayed on the four sides of the Kouniwa*3 stage. Choose designs such as yin-yang, the five elements, or a Chinese zodiac sign.



- 10:00 Arrive
 - 11:00 Takachiho Gorge sightseeing
 - 12:00 Lunch
 - 13:00 Tour Shrines
 - 14:00
 - 15:00
 - 16:00
 - 17:00 Check-in
 - 18:00 Dinner
 - 19:00 Free time
 - 20:00
 - 21:00
 - 22:00 Bedtime
- [Day 1]
- 7:00 Rise and shine
 - 8:00 Breakfast
 - 9:00 Telework
 - 10:00
 - 11:00
 - 12:00 Lunch
 - 13:00 Telework
 - 14:00
 - 15:00
 - 16:00
 - 17:00
 - 18:00 Dinner
 - 19:00
 - 20:00 Enjoy Yokagura
 - 21:00
 - 22:00
 - 23:00 Bedtime
- [Day 2]
- 7:00 Rise and shine
 - 8:00 Breakfast
 - 9:00 Telework
 - 10:00
 - 11:00
 - 12:00
 - 13:00
 - 14:00
 - 15:00
 - 16:00
 - 17:00
 - 18:00
 - 19:00
 - 20:00
 - 21:00
 - 22:00
 - 23:00
- [Day 3]
- 11:00
 - 12:00 Lunch
 - 13:00
 - 14:00 Erimono Experience
 - 15:00 Get ready to go home
 - 16:00 Trip finished / Go home

Shrines make a good backdrop for photos ↘

*1 Amaterasu (or Amaterasu Omikami) is the sun goddess, and the most important deity in the Shinto religion. *2 Yokagura is a performance of sacred music and dancing to invite deities and offer them entertainment throughout the night. *3 Kouniwa (gods' garden) is the sacred stage on which the Yokagura performance takes place.

Nobeoka Area

[Access from Miyazaki City]

Car
Higashi-Kyushu Expwy Miyazaki-nishi IC
→ Higashi-Kyushu Expwy, Nobeoka JCT/
IC → Pref Rd. 241, Nat Rt. 218 (Approx. 90
km / 1 hr 10 mins)

Train
JR Miyazaki Station → Nippo Main Line Ltd.
Express (Approx. 1 hr 5 mins) → JR Nobeoka
Station

Bus
JR Miyazaki Station → JR Nobeoka Station
bound Highway Bus (2 hrs 3 mins) →
Nobeoka Station Bus Stop

Get Active in the Mountains, Rivers and Seas!

Active Experiences

Nobeoka has the second largest land area in Kyushu, so it naturally boasts a full range of activities you can experience at sea, up mountains, and on rivers. After plenty of relaxation surrounded by nature, you'll be able to focus more than usual on teleworking.

Magazine Simulation: How to spend time in Nobeoka!

Enjoy Chatting with the Innkeepers Too

Dinner is a satisfying feast of homemade, local cuisine and countryside fare prepared by the inn's hostess. If you order something you'd like to try, she may prepare it for you! After dinner, ask your host to teach you the local Nobeoka dialect.



- 9:00 Arrive
- 10:00 Telework at co-working space
- 11:00
- 12:00 Lunch
- 13:00 Telework
- 14:00
- 15:00
- 16:00
- 17:00 Check-in
- 18:00 Dinner
- 19:00 Free time
- 20:00
- 21:00
- 22:00
- 23:00 Bedtime



Try the Local Chicken Nanban!

Nobeoka is said to be the birthplace of Chicken Nanban. In addition to the standard tartar sauce, some shops serve it with a light Nanban Sauce. You'd expect nothing less from the place that invented the dish! So, which do you wanna try?

Canoe a Crystal River Treasured by Those in the Know

Finish up work early, and head out to experience canoeing a creek that's "miraculously clear flowing." With waters so transparent they reveal every pebble on the stream bed, you wouldn't be off base to call it a miracle.



- 7:00 Rise and shine
- 8:00 Breakfast / Move to co-working space
- 9:00 Telework
- 10:00
- 11:00
- 12:00 Lunch
- 13:00 Telework
- 14:00
- 15:00 River canoeing
- 16:00
- 17:00
- 18:00 Dinner
- 19:00 Telework
- 20:00
- 21:00 Free time
- 22:00 Bedtime

That wraps up work for the day!



Telework from Your Lodgings

In the evening you can catch up on the work you put off to go canoeing. You might be a bit sleepy, but you'll finish it up in a snap. You'll be glad you chose an inn with Wi-Fi.

Have an Undersea Adventure!

Another reason to choose Nobeoka as your destination, is to dive beneath the waves and see communities of soft coral. Veteran divers with deep knowledge of Nobeoka will guide you to little-known locations!



- 7:00 Rise and shine
- 8:00 Breakfast
- 9:00 Diving
- 10:00
- 11:00
- 12:00 Lunch
- 13:00 Cruising
- 14:00
- 15:00 Get ready to go home
- 16:00 Trip finished / Go home

See Superb Views above the Waves Too

After having your fill of the undersea beauty, take a cruise to savor the scenery nature has sculpted above the waves. Even amidst the unique vistas woven by the terrain around the Hyuga-nada Sea, the Senganme stone tunnel eroded by the sea is breathtaking! You can also try feeding fish being cultivated in fish farms floating out at an inland sea.



Check P11 for information on tourist attractions!

Kita-Kirishima Area

[Access from Miyazaki City
→ Kobayashi City]

Car

Miyazaki Expwy, Miyazaki IC → Miyazaki Expwy, Kobayashi IC → Pref Rd. 1 (Approx. 72 km / 1 hr)

Bus

Miyazaki Station → Miyakoh Bus towards Kobayashi Station (1 hr 25 mins) → Kobayashi Station

Learn About SDGs Surrounded by Majestic Nature

Feel the Bonds Between People

The expansive rural landscape at the foot of the Kirishima Mountains is proof of the region's thriving agriculture. Spend time with private households living with the land, and feel the blessings of nature first-hand, to discover the warmth of human communication and the basis that connects our lifestyles with SDGs.

Magazine Simulation: How to spend time in Kita-Kirishima!



I'll leave your skin silky smooth~

[Day 1]

- 10:00 Arrive
- 11:00 Mountain climbing
- 12:00
- 13:00
- 14:00
- 15:00 Hot spring
- 16:00
- 17:00 Check-in to lodgings
- 18:00 Dinner
- 19:00 Free time
- 20:00
- 21:00
- 22:00 Bedtime

Conquer the Highest Peak in the Kirishima Mountains!

Designated as Japan's first national park in 1934, and later recognized as the Kirishima Geopark, the entire Kita-Kirishima region is a treasure trove of hiking spots. So, get out there and climb Mt. Karakuni, the highest peak in the Kirishima Mountains!



After Mountaineering, Bathe with a Stunning View!

After scaling the peaks, relax at the historic Shiratori Onsen, once visited by "the last true samurai" Saigo Takamori*4. Feel your fatigue melt away as you lounge in the open-air bath overlooking the Ebino Plain, or sweat it out in a steam bath fed by steam from the natural hot spring.



Green Mountains Soothe the Soul

The co-working space is surrounded by greenery. Take a break from your work to fill your lungs with fresh air and gaze out at the distant mountains.

[Day 2]

- 6:00 Rise and shine
- 7:00 Go for a walk
- 8:00 Breakfast / Move to co-working space
- 9:00 Telework
- 10:00
- 11:00
- 12:00 Lunch
- 13:00 Telework
- 14:00
- 15:00 Short break
- 16:00 Telework
- 17:00 Bathe
- 18:00 Dinner
- 19:00 Free time
- 20:00
- 21:00
- 22:00 Bedtime

Stroll along the Ridges between Rice Fields

Before breakfast, go for a walk around your lodgings to enjoy the beautiful rural scenery. With clear blue skies reflected in water-filled rice fields, it looks almost like a painting. It's also fun to look for the whimsical expressions on the "Ta-no-kan saa" enshrined here and there as you walk ♪

Try your First Wood-Fired Bath

Back at your lodgings, you'll hear, "the bath is ready," and find that your host has kindled the fire to heat the bath in time for your return. The gentle aroma of wood and comfortable water temperature will make the stresses of work a distant memory.

[Day 3]

- 6:00 Rise and shine
- 7:00 Breakfast
- 8:00 Harvesting Experience
- 9:00
- 10:00
- 11:00
- 12:00 Lunch / Get ready to go home
- 13:00
- 14:00 Trip finished / Go home



Help Out with the Farm Work

On your last day, join your hosts in the fields for a harvesting experience. Even if it's your first time getting your hands dirty, their kind instruction will help you get through. And, you can take the vegetables you harvest home as souvenirs ♪

Check P13 for information on tourist attractions!

*4 Saigo Takamori (1828-1877) was a highly influential samurai in Japanese history who played a key role in the Meiji Restoration.

Saito Area

[Access from Miyazaki City]

Car

Higashi-Kyushu Expwy, Miyazaki IC → Higashi-Kyushu Expwy, Saito IC → Pref Rd. 18 (Approx. 42 km / 40 mins)

Bus

Miyazaki Station → Miyakoh Bus towards Saito Bus Center (1 hr 4 mins) → Saito Bus Center

Take the First Step to a Healthy Daily Life

Health Tourism

Saito is pouring its efforts into health tourism, to bring vitality and comfort to all through agriculture, cycling and healthy living.
(The city's "HAC Tourism" plan focuses on Health, Agriculture, and Cycling)

Telework at a New Co-Working Space

After immersing yourself in the romance of ancient culture, it's time to switch to work mode. Head to "tomosite" that opened in March 2021! The space includes a cafe, so it's a great spot to take a break as well.



It gives you a sense of how truly beautiful nature is!

Explore Footpaths in Saito

Join your host for a walk along nearby footpaths. These trails take you through pleasant scenery. As you walk along the river that flows by the inn, you might catch the sky slowly redden into a stunning sunset!



Get Mangoes for Souvenirs

Saito City pioneered the method of tying nets around mangoes and waiting for them to fully ripen and fall from the branch. The fully ripened mangoes are both fragrant and sweet—and delicious! Pick up a few mangoes as souvenirs for friends!



Check P15 for information on tourist attractions!

Magazine Simulation: How to spend time in Saito!

- 10:00 Arrive
- 11:00 Visit the Saitobaru Burial Mounds
- 12:00 Burial Mounds
- 13:00 Lunch
- 14:00 Telework
- 15:00
- 16:00
- 17:00 Check-in
- 18:00 Dinner
- 19:00 Free time
- 20:00
- 21:00
- 22:00 Bedtime



Walk Around the Japan Heritage Saitobaru Burial Mounds

Comprising more than 300 burial mounds, the Saitobaru Burial Mounds are one of the largest tumulus complexes in Japan. The area is also famed for its flowers, with cherry blossoms in spring, sunflowers in summer, and cosmos in fall. It's worth a trip just to see them bloom.

- 6:00 Rise and shine
- 7:00 Go cycling!
- 8:00 Breakfast / Move to co-working space
- 9:00 Telework
- 10:00
- 11:00
- 12:00 Lunch
- 13:00 Telework
- 14:00
- 15:00
- 16:00
- 17:00 Footpath walking
- 18:00 Dinner
- 19:00 Free time
- 20:00
- 21:00
- 22:00
- 23:00 Bedtime



Relish the Morning Breeze

Rise just a bit earlier for some early-morning cycling! Cycling is big in Saito, with multiple courses maintained for visitors to cycle along safely. Cycling in the fresh air will leave you feeling exhilarated.

- 6:00 Rise and shine
- 7:00 Go cycling!
- 8:00 Breakfast
- 9:00 Pizza making
- 10:00
- 11:00
- 12:00 Lunch
- 13:00
- 14:00 Shopping
- 15:00 Get ready to go home
- 16:00 Trip finished / Go home



Make Pizza in a Stone Oven

You can also try making pizza with your fellow guests. Add log-grown shitake mushrooms grown at the inn as toppings. Then you just need to wait for your pizza to bake in the host's hand-made stone oven. Lunch is pizza, of course.

Farm Stay Experience & Surrounding Area Guide

Hidden Land of Healing

Scan this 2D barcode to check out farm stay facilities in the Takachiho region!



Takachiho's Sacred Sites Tour

A verdant mountain hamlet surrounded by mountains. Known as the site where the grandson of the sun goddess descended from the heavens, this area boasts numerous spots tied to Japanese mythology.

Relax in a cafe/inn where, with luck, you may glimpse a sea of clouds through the window

Kaze no Michi

● 風の道

☎ 0982-76-1450

Wi-fi
Telework
Long-term stay

Perched on high ground, this lodging lets you take in natural breezes as you survey the rural landscape spread out below. The building is constructed from woods like Japanese cypress and zelkova, which give it a soothing woody fragrance that helps you relax. If you're lucky, you can watch the sunset or glimpse a sea of clouds from your room. They also have a cafe where visitors can hang out and savor delicious coffee.

📍 573-2 Kamiwato, Takachiho 🚗 30 mins by car from Hinokage-Fukasumi IC on the Kyushu-Chuo Expwy, 35 mins by car from the Takachiho Bus Center 🚗 10 spaces 📅 1 week in advance 💰 ¥8,800 per night + 2 meals

🕒 IN From 3 PM OUT 9 AM



Donuts made with rice flour!

Join the bread making experience and you'll learn to make donuts as a bonus. Just roll the dough into a ball, then spin it around your fingers to make a hole, and you're done!

👉 Take the donuts out of the oil once they have turned a light brown



Pizza Making Experience

The pizza dough is made with rice flour sourced from local terraced rice fields. The hostess's handmade pizza sauce is delicious as well

👉 The terrace provides a clear view of Mt. Morotsuka. It's also a great place to have breakfast



👉 Teleworking in the on-site cafe immersed in the aroma of Japanese cypress is sure to make you more productive! Right?

Check out our lineup of experiences!

Bread/Pizza Making Experience
Experience Year-round / 2 hrs / ¥3,000 *4 to 10 people

Tofu Making Experience
Year-round / 1 hr / ¥2,500 *4 to 10 people

Konnyaku Making
Year-round / 1 hr / ¥2,500 *4 to 10 people

Miso Making
Dec-Mid-Feb / 1 hr / ¥2,500 *4 to 10 people

Kumquat Harvest
Feb-Mid-Mar / 1 hr / ¥3,000 (includes 1 kg to take home) *4 to 10 people



Perform Kagura on the Kouniwa stage

The biggest attraction is the Kagura experience on the Kouniwa stage in the center of the guesthouse. Wearing the costume and listening to the dance lecture will make you feel like a *hoshadan* (devotional dancer)



👉 Costume for the Dance of Uzume. This is the dance that Ame no Uzume no Mikoto (the goddess of dawn) performed to lure Amaterasu Omikami out of the cave where she was hiding

Check out our lineup of experiences!

Kagura Experience (Kagura story, Erimono experience, Kagura costume wearing experience)
Year-round / 2-3 hrs / ¥4,000 *Ask about number of participants

Experience Kagura the traditional way with an authentic Yokagura performance

Yodon Yado

● よどんやど

☎ 0982-82-2199 (Tourism Takachiho-go)

Yokagura (Night Kagura) is a Shinto ritual that ordinary households once took turns in performing. At this guesthouse, you'll not only listen to stories about Kagura, but can enjoy priceless experiences like trying on Kagura costumes and making the cut paper "erimono", which decorate the Kouniwa stage. The proprietor is also the chairman of the Kagura Preservation Society, and keeps a Kouniwa stage at his home for both cultural preservation and daily practice.

📍 6088 Oshikata, Takachiho 🚗 35 mins by car from Hinokage-Fukasumi IC on the Kyushu-Chuo Expwy, 18 mins by car from the Takachiho Bus Center 🚗 15 spaces 📅 1 week in advance 💰 ¥8,800 per night + 2 meals 🕒 IN OUT Ask



Erimono Experience

Cut into the design of your choice, such as yin-yang, the five elements, or a Chinese zodiac sign. Have fun listening to stories about Kagura

👉 You can experience activities emblematic of a mountain hamlet, like staring into soothing flames (campfire) or splitting wood with a hatchet



Spiritual boat ride in the Takachiho Gorge

The Takachiho Gorge is flanked by bluffs with magnificent columnar joints, whose mystical appearance creates spectacular scenery. And the gorge's Manai Falls has been listed among the top one hundred waterfalls of Japan. Visitors enjoy paddling rowboats near the base of the falls to watch the water cascade from a height of roughly 17 meters. Boat rental: ¥3,000 per boat for 30 mins + ¥1,000 per person.

☎ 0982-73-1213
(Takachiho Tourist Association)

👉 The source of the Manai Falls is said to be the Amano Manai spring, whose waters were diverted from the heavens when the grandson of the sun goddess descended to earth

More things to do while in Takachiho!

Recharge at Mystical Spots

👉 There's also the "Kihachi no Chikarashi," a stone said to have been thrown by an ogre in a boast of strength



Visit "power spots" connected to legend

In Takachiho, where the grandson of the sun goddess descended to earth, there are numerous sacred places connected to finding fortune in love, as well as deities of traditional performing arts which attract even famous entertainers as pilgrims. Visiting a variety of spots is sure to bring excellent fortune!

Amano Yasukawara

● 天安河原

This cavern is a 10 min. walk from Amano Iwato Shrine Nishi-hongu. The countless stones stacked in prayer by worshippers, heighten the mystical and wonderous atmosphere.

👉 This is said to be the place where Yaoyorozu no Kami (countless Shinto deities) gathered for discussion when the sun goddess Amaterasu hid herself in the cave behind a rock door

☎ 0982-73-1213
(Takachiho Tourist Association)

Takachiho Shrine

● 高千穂神社

Here stand two Japanese cedars which have grown into one. It is said that walking the grounds hand-in-hand with a partner or friend brings blessings in marriage and prosperity to descendants.



👉 The worship hall carries an air of majesty. It even appears in the *Shoku Nihon Koki*!⁵

A powerful dance for the fulfillment of wishes! Appreciating Yokagura

Every year from November through February, Yokagura is performed as an offering in 18 locations around town. Participants dance all night before the guardian deities of each area in thanks for the year's harvest, and in prayer for fertility and Gokoku hojo⁶ in the coming year. Throughout the year, dancers perform the leading four acts from the 33 Takachiho Kagura acts for the public at Takachiho Shrine's Kagura-den Hall. Admission: ¥1,000, starts between 8 and 9 PM.



☎ 0982-73-1213
(Takachiho Tourist Association)

👉 Heroic Totori dance that opens Amano Iwato cave.

Local Production for Local Consumption

Get gourmet meals and ingredients here!

Takachiho culinary attractions include cold highland vegetables, edible wild plants, delicious rice from terraced fields, and "Takachiho beef" raised in the abundant nature of Takachiho!

Takachiho Beef

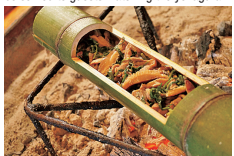
● 高千穂牛

Awarded the Prime Minister's Prize at the 9th National Competitive Exhibition of Wagyu, this beef is tender, with a robust flavor and a moderately sweet marbling of fat.

Kappo Dori

● かつほ鶏

This nutrient-packed regional cuisine is made by stuffing chicken, shiitake mushrooms, garlic chives and other ingredients inside a bamboo tube and grilling over coals. It should be served to guests watching the yokagura.



Spotlight Come here for a Workation Telework

Even online meetings are stress-free!

Takachiho Coworking Space 452 (shi-go-tsu)

● 高千穂町ワークキングスペース452

The name is a play on words with the Japanese pronunciation of 4 (shi) 5 (go) 2 (tsu), and the word "shigotsu", which means work in the Takachiho dialect. Work in comfort amidst a peaceful atmosphere imbued with the warmth of wood. Conveniently located in the center of town.

☎ 0982-82-2452
*0982-73-1207 until the end of March (Takachiho Town Planning and Tourism Section)

📍 802-6 Mitai, Takachiho 🚗 5 mins by car from Hinokage-Fukasumi IC on the Kyushu-Chuo Expwy, 1 min on foot from the Takachiho Bus Center 📄 ¥1,000 per day
🕒 9:30 AM to 6 PM 🗓 Weekends (Will open upon request)
🅇 None (Parking available at Takachiho Town Hall)



⁵ The *Shoku Nihon Koki* is a text on Japanese history that covers the years from 833 to 850.

⁶ Gokoku hojo is a bountiful harvest of five main grains found in the human diet: rice, barley, beans, and two varieties of millet.



Enjoy the expansive natural surroundings of Nobeoka

A natural region in the northernmost part of Miyazaki Prefecture, blessed with nature in the form of mountains, rivers and seas. Attractions include products and experiences that capitalize on the local character of the mountains and seas.

The pristine waters of the Soki River flow nearby and a rural landscape spreads out before your eyes

Okazu ya ●お和や Wi-fi Telework
☎ 070-2335-7480 Long-term stay
(Nobeoka Furusato Tourism Council)

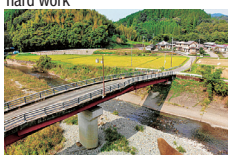
The innkeepers Mr. and Mrs. Sato, and their dog Chan, greet visitors to the rural part of Kitakatamachi, Nobeoka City, where they grow foods like rice, vegetables, and chestnuts. The couple welcome guests with local dishes from Nobeoka, such as Chicken Nambu, and homegrown rice and vegetables. In summer they even have *somen-nagashi* (noodle flowing) in the garden. And you won't want to miss playing in the pristine Soki River.

📍 1222 Soki, Kitakatamachi, Nobeoka 🚗 10 mins by car from Kitakata IC on the Kyushu Chuo Expwy, 25 mins by car from JR Nobeoka Station 🛏 5 spaces 📅 1 week in advance 💰 ¥8,000 per night + 2 meals 🕒 IN 4PM to 6PM OUT 8AM to 10AM



👉 Mr. & Mrs. Sato and their guests enjoy dinner and relish the various ingredients that are cultivated by their hard work

👉 The beautiful rural scenery around the Soki River will wash your cares away



Mochi Pounding Experience with Mallet and Mortar

You can try making mochi with a mallet (*king*) and mortar (*usu*) if you ask in advance. Time the beats of the mallet to match your breathing!

Check out our lineup of experiences!

Rice Farming Experience

Jun-Oct / Length negotiable / From ¥1,500 / 2 or more people

Traditional Stove Rice Cooking Experience

Year-round / Length negotiable / From ¥1,500 / 2 or more people

Chestnut Harvesting and Cooking Experiences

Sep-Oct / Length negotiable / From ¥1,500 / 2 or more people

Mochi Pounding Experience

Year round / approx. 2 hrs / ¥2,000 / 2 or more people



👉 This is Chan, the inn's poster dog

Birdsong and nature on your doorstep, and don't miss the cuisine made with wild game

Nagomi no ie

☎ 070-2335-7480 (Nobeoka Furusato Tourism Council)

Wi-fi Telework
Long-term stay

This inn is far from town, so you can take in the sounds of nature like birdsong and gentle winds. Part of what makes this inn unique is that you can eat cuisine that's rich in local flavor of fresh game, or eel and sweetfish from the pristine river. Also, since the owner is a hunter, you'll hear real first-hand accounts of wild animals, things that have happened during hunts, and the preciousness of life.

📍 6785-1 Kawachimyo, Kitagawamachi, Nobeoka 🚗 6 mins by car from Kitagawa IC on the Higashi-Kyushu Expwy, 20 mins by car from JR Nobeoka Station 🛏 3 spaces 📅 1 week in advance 💰 ¥8,000 per night + 2 meals 🕒 IN 4 PM to 6 PM OUT 8 AM to 10 AM *Ask

👉 Venison bagged by the owner. Guests are often treated to venison curry made with properly dressed meat that's free from any gamey taste.



Daikon radishes from the garden hang from the eaves. They will end up as delicious pickles served at meals

👉 The low-ceilinged rooms on the second floor are used as guest rooms. It's fun, like staying in a secret base!

Check out our lineup of experiences!

Konyaku Making Experience

Year-round / 3 hrs / From ¥1,500 *2 to 3 people

Rice Flour Confection Making

Year-round / 3 hrs / From ¥1,500 *2 to 3 people

Marmalade Making Experience

Jan-Apr / *Negotiable / From ¥1,500 *2 to 3 people

Seasonal Mountain Food Harvesting Experience

Please inquire / 2 hrs / ¥1,500 *2 to 3 people

The bountiful nature and lodgings in this remodeled barn wrap guests in hometown nostalgia

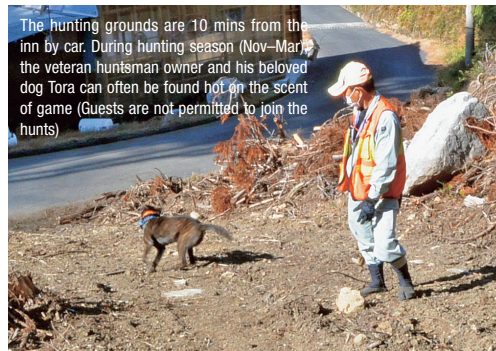
Umayu

☎ 070-2335-7480

(Nobeoka Furusato Tourism Council)

Wi-fi Telework
Long-term stay

This two-story inn is a remodeled cattle barn. The first floor evokes nostalgia with its sunken hearth and wood-burning stove. Guests can stay in the attic-like rooms on the second floor. The inn takes pride in serving meals prepared with homegrown vegetables and rice. These include dishes made with shiitake mushrooms in the spring, and locally caught ayu (sweetfish) in the fall and winter. You can enjoy making konyaku and harvesting food from the mountains as well.



The hunting grounds are 10 mins from the inn by car. During hunting season (Nov-Mar), the veteran huntsman owner and his beloved dog Tora can often be found hot on the scent of game (Guests are not permitted to join the hunts)



👉 They also have a cafe space where you can tele-commute. If you get tired of working, take a break to gaze at the mountainous scenery

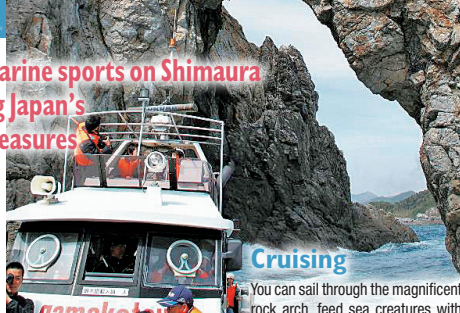
📍 77-5 Shiihata, Kitakatamachi, Nobeoka 🚗 10 mins by car from Kitakata IC on the Kyushu Chuo Expwy, 30 mins by car from JR Nobeoka Station 🛏 3 spaces 📅 1 week in advance 💰 ¥8,000 per night + 2 meals 🕒 IN 4 PM to 6 PM OUT 8 AM to 10 AM

Immerse yourself in marine sports on Shimaura Island, counted among Japan's 100 Scenes of Island Treasures

Islets dot the waters near this isolated island surrounded by the beautiful, deeply indented, ria coastline. You can see stone tunnels eroded into the cliffs and one of Japan's largest Osuribachi coral reefs. The abundant variety of sea life makes it popular with divers as well.

☎ 0982-29-3835

(NPO Himuka Impressive Experience World)



Cruising

▶ You can sail through the magnificent rock arch, feed sea creatures with live bait, or pilot a boat across the majestic ocean. Takes 30 to 60 mins, with rates starting from ¥2,000. Same-day registration accepted.



Diving

Attractions include seafloor caverns, one of Japan's largest Osuribachi coral reefs, and soft, colorful corals. Experience rates: ¥15,300 for 3 hours including equipment and insurance (ages 10 and up).

◎Also try!◎

- Snorkeling
- Sea kayaking
- Surfing

▶ Freely explore seas filled with beautiful coral and plentiful tropical fish



▶ Huge slabs of rock called granite porphyries protrude from Mt. Hiei

▶ It's about a 4 hr hike to the summit. And the trail features a succession of ups and downs



It's almost like a Chinese Landscape Painting! Hiking Mt. Hiei

The lookout on Mt. Hiei, a 918-meter-high place of scenic beauty, provides a view that seems like it was lifted from a Chinese landscape painting. The Mt. Okue Volcano-plutonic Complex, which includes Mt. Hiei, is dotted with granite outcroppings that make it a popular area for rock climbing. Its diverse hiking trails are a popular way to experience the mountains and rivers.

☎ 0982-29-3835

(NPO Himuka Impressive Experience World)

Local Production for Local Consumption

Get gourmet meals and ingredients here!

While Nobeoka is a town of industry, it is also blessed with expansive natural surroundings. Utilization of the abundant blessings of the mountains, rivers and seas has blossomed into a distinct culinary culture.



Ayu (sweetfish) Traps

● 鮎やな

The clear-flowing Gokaze River which passes through the town is home to giant sweetfish called *shaku-ayu*. In autumn, fishermen use vast *yana* (wooden traps) to catch these fish.

Chicken Nanban ● チキン南蛮

This local Miyazaki cuisine is said to have originated in Nobeoka. The chicken is marinated in sweet vinegar then topped with tartar sauce, or enjoyed with sweet vinegar alone.



Encounter the Spirit of Saigo-don

In 1877, Saigo Takamori and his retainers incited the Satsuma Rebellion. Pressed by government troops, the Satsuma army took refuge in Kitagawa, Nobeoka. This place, where Saigo burned his own military uniform and dissolved his army, is where many historic relics are preserved.

☎ 0982-29-2155

(Nobeoka Tourist Association)



▶ The Kodama Kumashiro Residence, which became the final headquarters of the Satsuma army, is now the Saigo Takamori Encampment Museum where Saigo's personal effects are exhibited

More things to do while in Nobeoka!
Frolic in the Rivers, Mountains and Seas

Spotlight Come here for a Workation & telework ▶



Cafe FreeDom

☎ 0982-27-5296

This cafe overlooking the Sumie Swimming Beach, can be used for teleworking. And it also serves as an inn.

- ◎ 1409-12 Sumiemachi, Nobeoka
- ◎ 3 mins from Sumie IC on the Higashi-Kyushu Expwy, 20 mins by car from JR Nobeoka Station
- ◎ From ¥1,500 (From ¥2,000 if staying the night) ⌚ 10 AM to 10 PM ❌ No regular holidays ♫ 50 spaces



You can forget about time and just focus

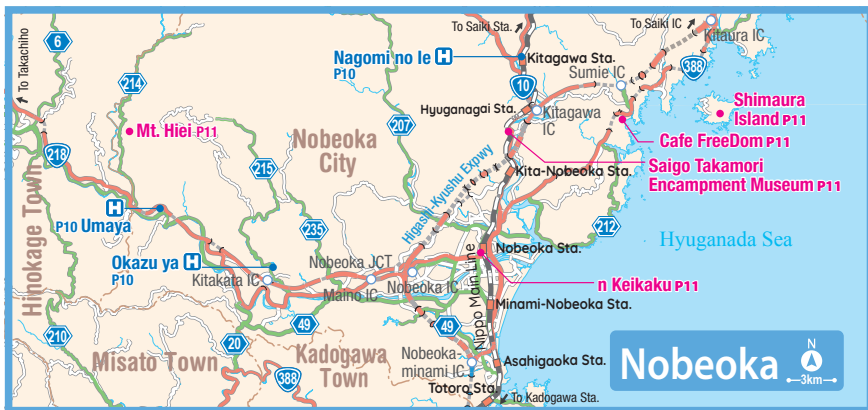
n Keikaku

● n 計画

Close to JR Nobeoka Station, this shop employs a contemporary business model as a co-working space by day, and a snack bar by night.

☎ 0982-27-2192

- ◎ Taeda Bldg. 2F, 1-123 Saiwaicho, Nobeoka
- ◎ 10 mins from Nobeoka IC on the Higashi-Kyushu Expwy, 3 mins on foot from JR Nobeoka Station
- ◎ From ¥3,000 per month ⌚ 11 AM to 12 AM ❌ No regular holidays ♫ None





Expand the Circle of Connections in Kita-Kirishima

The Kita-Kirishima Inaka Monogatari Promotion Association uses experiences to convey the importance of agriculture and food. The families who host participants in Kobayashi City, Ebino City, and Takaharu Town strive to provide a homely atmosphere, and have adopted the slogan, "After saying 'Nice to meet you!,' we are already family!"



Vegetable Planting, Cultivation and Harvest Experience

Farmers cultivate numerous seasonal vegetables and teach in detail how to care for and harvest them

Persimmon Picking

Farmers place a bag over each and every persimmon as they grow, then harvest them when they are ripe and glossy. And, of course, you have to sample a few!



Shout with joy for persimmons you harvest yourself! And experience farm work in the fields

Kaki no Ie

●柿の家

Wi-fi

Telework

☎ 0984-22-3020

Long-term stay

(Kita-Kirishima Inaka Monogatari Promotion Association)

Here, surrounded by persimmon trees that are over 50 years old, you can experience caring for the trees and harvesting large persimmons in the fall. In addition to the harvest, you'll find farming experiences for every season. These include going into the surrounding fields to work with a hoe, planting vegetables and seedlings, pulling weeds, harvesting produce and picking tea.

📍 2438-21 Suenaga, Ebino 🕒 17 mins by car from Ebino IC on the Kyushu Expwy, 9 mins by car from JR Ebino-lino Station 🚗 6 spaces 📅 Up to 1 week in advance 💰 ¥10,450 per night + 2 meals, ¥11,000 per night + 3 meals (Includes experience fees) 📶 IN OUT Ask

Check out our lineup of experiences!

- Seasonal Vegetable Planting, Cultivation and Harvest**
Year-round / 1 hr / Free
 - Persimmon Tree Maintenance**
Year-round / 1 hr / Free
 - Persimmon Picking**
Mid-Nov–Early Dec / 1 hr / Free
 - Tea Picking**
Late Apr–End of May / 1 hr / Free
 - Splitting Firewood to Heat Goemonburo Bath**
Year-round / 1 hr / Free
- *All included in lodging charge
*Number of participants negotiable



Pizza Baking Experience using the Pizza Oven

Spread the dough evenly, add toppings, then slide the pizza into the wood-fired pizza oven

👉 A corner of the garden boasts a pizza oven, table and other necessities. It's great not just for pizza, but BBQ as well



Guests love making pizza in the host's prized pizza oven

Higashi no Satoyama

●東の里山

☎ 0984-22-3020

(Kita-Kirishima Inaka Monogatari Promotion Association)

Wi-fi

Telework

Long-term stay

Enjoy farming experiences like planting seeds and harvesting organic vegetables grown with thoughtful use of fertilizers. The popular pizza baking experience allows guests to roll their own dough, sprinkle with toppings, then cook their pizzas in the host's hand-built pizza oven. Between experiences the host may take guests to the Hachimangaoka Park observation deck overlooking the Kirishima Mountains and Ebino.

Check out our lineup of experiences!

- Seasonal Vegetable Planting, Cultivation and Harvest**
Year-round / 1 hr / Free
 - Chestnut Gathering**
Late Aug–End of Sep / 1 hr / Free
 - Persimmon Picking and Dried Persimmon Making**
Late Oct–Nov / 1 hr / Free
 - Breaking Down a Chicken**
Year-round / 1 hr / Free
 - Pizza Baking using the Pizza Oven**
Year-round / 2 hrs / Free
- *All included in lodging charge
*Number of admitted participants negotiable

📍 1315-3 Harada, Ebino 🕒 15 mins by car from Ebino IC on the Kyushu Expwy, 6 mins by car from JR Ebino-lino Station 🚗 4 spaces 📅 Up to 1 week in advance 💰 ¥10,450 per night + 2 meals, ¥11,000 per night + 3 meals (Includes experience fees) 📶 IN OUT Ask

A wealth of seasonal farming experiences await, from chestnut gathering, to rice planting and harvest

Satoyama Hokujuen

●里山・北樹園

Wi-fi

Telework

☎ 0984-22-3020

Long-term stay

(Kita-Kirishima Inaka Monogatari Promotion Association)

Enjoy a variety of rural experiences in the surrounding mountain forests. These include gathering edible wild plants and digging bamboo shoots in spring, and gathering chestnuts in the fall. Visiting in different seasons, to experience rice planting in early summer or rice harvest in fall, imparts a deeper understanding of the importance of farming. Early summer is also great for appreciating fireflies in the nearby brook.

📍 1459 Uwae, Ebino 🕒 9 mins by car from Ebino IC on the Kyushu Expwy, 3 mins by car from JR Ebino-lino Station 🚗 4 spaces 📅 Up to 1 week in advance 💰 ¥10,450 per night + 2 meals, ¥11,000 per night + 3 meals (Includes experience fee) 📶 IN OUT Ask

Check out our lineup of experiences!

- Seasonal Vegetable Planting, Cultivation and Harvest**
Year-round / 1 hr / Free
 - Digging for Bamboo Shoots**
Apr–May / 1 hr / Free
 - Rice Planting Experience**
Late May–Jun / 2 hrs / Free
 - Rice Harvesting Experience**
Late Oct / 2 hrs / Free
 - Chestnut Gathering**
Late Aug–Late Sep / 2 hrs / Free
- *All included in lodging charge
*Number of admitted participants negotiable

Confection Making Experience

Students who don't normally spend time in the kitchen give cooking a try and find it's "actually pretty fun!" Their faces are all smiles



Chestnut Gathering Experience

Even if you aren't staying the night, you can take a day trip to gather chestnuts. Participants can take home what they gather for ¥200 to ¥300 per kg (Reservations required)





“Ojatta-mon-se”
('welcome' in the local dialect)

➡ The farmer type is the most common



➡ The Jizo Bodhisattva type is the oldest kind



➡ The Shinto priest type seems to sit before an altar

Come Visit Agricultural Deities or “Ta-no-kan saa”

In this region, the Ta-no-kan saa (gods of the rice fields) manifest as stone statues enshrined along the footpaths between rice fields. These gods bring abundant harvests, and take diverse forms such as farmers and priests, with kindly expressions and bearing. Tourism volunteers from the Ebino Guide Club have prepared courses that visitors can follow to meet the Ta-no-kan saa.

☎ 0984-37-2663 (Ebino City Tourism Association)

A place to enjoy in every season Hiking the Kirishima Mountains

The Kirishima Mountains comprise 17 peaks with numerous lakes straddling the border between Miyazaki and Kagoshima Prefectures. Carpeted with Kyushu azaleas (Miyamakirishima) in spring and brilliant colors in fall, they hold the power to mesmerize mountaineers from beginner to expert. Here we introduce a few comparatively easy hiking trails.

☎ 0984-33-3002 (Ebino Eco Museum Center)

➡ View from the summit of Mt. Karakuni, the highest peak in the range



➡ Kyushu azaleas (Miyamakirishima) bloom from late May to early June

Ebino Plateau

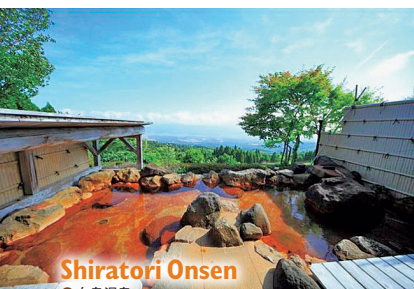
● えびの高原

This plateau is a basin surrounded by volcanic peaks soaring 1,200 m above sea level. The Ebino Highland Crater Lake Trail loops around three volcanic lakes and is a good course for beginners.

Mt. Karakuni

● 韓国岳

At 1,700 m above sea level, it is the highest peak in the Kirishima Mountains. From about the eighth station you can see Lake Onami. And after about an hour and a half, you will be able to see as far as mountains of Kirishima, Kinko Bay and Sakurajima from the summit.



Shiratori Onsen

● 白鳥温泉

Poised on the slopes of Mt. Shiratori, its “upper spring” which once hosted Saigo Takamori for three months, while its “lower spring” boasts cabins and other facilities. Each has a distinct atmosphere.

➡ In addition to Japanese-style inns, there are day springs and foot baths



More things to do while in Kita-Kirishima!
Fully Experience the Charms of the Countryside

➡ The upper spring's open-air bath provides panoramic views of Ebino City

Kyomachi Onsen

● 京町温泉

This hot spring district opened in the Taisho era (1912-1926), and with the development of the railroad, flourished as a hot spring town. The mildly alkaline, simple thermal hot springs are distinct for their high temperatures.

Yoshida Onsen

● 吉田温泉

Legend has it a wounded deer once healed its wounds in this spring. Upon hearing of its virtues, the Warring States Period feudal lord Shimazue Yoshihiro is said to have sent soldiers wounded in battle here for treatment.



➡ It's well known among locals as a famous hidden hot spring

Relax and unwind at famous hot springs

Ebino has three hot spring districts: Kyomachi, Yoshida and the Ebino Plateau area. All attract visitors from beyond the prefecture.

☎ 0984-37-2663 (Ebino City Tourism Association)

Spotlight **Come here for a Workation** **Telework**

Kirei Village

● キレイビレッジ

Telecommute from a lodging surrounded by nature. The diverse lodgings range from private rooms with beds to campsites.

☎ 0984-23-7373

➡ 1112 Minami-Nishikata, Kobayashi
➡ 3 mins from Kobayashi IC on the Miyazaki Expwy, 10 mins by car from JR Kobayashi Station
➡ A-type from ¥5,000, B-type from ¥4,000, C-type from ¥3,500, D-type 1 plot from ¥2,000, F-type from ¥4,000
➡ 3 PM to 10 AM next morning
➡ Open daily
➡ 10 spaces



Work in a quiet environment



Kobayashi Coworking Space TENOSSE

● 小林市 coworking space TENOSSE

There are a variety of services available here, from 1-day access, to office rental. And the free space can be used free of charge.

☎ 0984-27-4711

➡ 14 Hommachi, Kobayashi
➡ 10 mins from Kobayashi IC on the Miyazaki Expwy, 4 mins on foot from JR Kobayashi Station
➡ Free space: no charge, 1-day space: ¥200 per day, Booth space: ¥5,090 per month, Rental office: ¥15,270 per month
➡ 9 AM to 6 PM
➡ Sundays and holidays
➡ 4 spaces

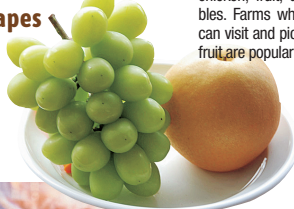


Local Production for Local Consumption
Get gourmet meals and ingredients here!

Pears and Grapes

● 梨・ぶどう

Visitors flock especially to farms producing large juicy pears and grapes in summer.



The Kita-Kirishima area produces bountiful beef, pork, chicken, fruit, and vegetables. Farms where tourists can visit and pick their own fruit are popular too.



Miyazaki Jitokko

● みやざき地頭鶏

This breed of chicken has been selectively bred from the local variety raised for centuries at the feet of the Kirishima Mountains. The meat tastes great when grilled, and is even delicious as fresh sashimi.



Feel the Allure of Saito's Ancient Past

With places like the Japan Heritage designated Saitobaru Burial Mounds, a journey through Saito brings you face-to-face with history at every turn. Relax amidst nature and history to refresh both mind and body!



Curl up in a Hammock with a Book

Find a good spot on the property to stretch a hammock, then settle in for some leisurely reading and napping

Check out our lineup of experiences!

- Pizza Making Experience**
Year-round / 3 hrs / ¥2,000 per person *5 or more people
- Soba Making Experience**
Year-round / 3 hrs / ¥2,000 per person *5 or more people
- Akumaki Making and Local Cuisine Experience**
Year-round / 5 hrs / ¥2,000 per person *5 or more people
- Shiitake Seeding Experience (w/ lunch)**
Jan-Mar (Reserve by Dec) / 2-3 hrs / ¥2,000 per person

Houses deep in the mountains surrounded by nature give you the luxury to do nothing at all

Inn Katasumi

● 民宿 かつすみ
☎ 090-1928-1153

- Wi-fi
- Telework
- Long-term stay

This guesthouse is a traditional Japanese house on the banks of the Hitotsuse River, with a sunken hearth and a garden as broad as a schoolyard. It is also blessed with an abundant natural environment. At night you'll hear the calls of deer, and wake up in the morning to birdsong. You can experience things like cooking local cuisine or seeding logs with shiitake mushrooms, and still have time for personal contemplation and conversation with the owners.

📍 11828 Katauchi, Saito 🚗 28 mins by car from Saito IC on the Higashi-Kyushu Expwy, 1 hr by car from Takane Station on the JR Nippo Main Line
👥 30 spaces 📅 Up to 7 days in advance 💰 ¥5,000 per night w/o meals (Negotiable for long-term stays), Breakfast: ¥1,000, Lunch: ¥1,000-2,000 (Reservations required), Dinner: ¥3,500 (Nov-May) / ¥2,000 (Jun-Oct) 🕒 IN 3 PM OUT 2 PM



👉 Chickens bustle about the grounds. Guests can feed them and collect eggs as well



Shiitake Seeding Experience

Hammer wooden plugs seeded with shiitake mushroom spores into 1 meter-long dried logs. In two years they'll be covered in shiitake mushrooms



Homemade Bacon Making Experience

A great choice if staying more than one night. What you make will end up on your plate later that day or the next.

Enjoy bacon making and tea ceremony experiences in an atmosphere that's just like home

Miyako no Seki

● 都/関
☎ 0983-44-5022/
090-1660-5972

- Wi-fi
- Telework
- Long-term stay

(Ask for details)

Visitors to this inn can look forward to fresh tea, gathering and cooking homegrown vegetables, walking along footpaths by the river or near castle ruins, and even making bacon. Guests love the starry night skies, the *azumaya* (arbour) in the courtyard with its sunken hearth, drinking local shochu and wines recommended by the host, and soaking in a bath heated by firewood.

Check out our lineup of experiences!

- Homemade Bacon Making Experience (w/ lunch)**
Year-round / 6 to 7 hrs / ¥2,500 *2 or more people
*Take bacon home for approx. ¥1,500 a piece
- Footpath Walking**
Year-round / 40 mins to 2 hrs / ¥500 *2 or more people
- Omotesenke Tea Ceremony Experience (includes wearing yukata)**
Year-round / 2 hrs / ¥1,500 *2 or more people
- Cooking Experience**
Year-round / 2 hrs / ¥2,500 *2 or more people



In the host's hand-built *azumaya*, guests can savor steaming hot pot while chatting around the sunken hearth

Omotesenke* Tea Ceremony Experience

Drink matcha tea in the Omotesenke style under the instruction of the hostess. Includes wearing yukata and seasonal sweets



Three Footpath Courses

Choose from three courses, each with its own charms, and be introduced to beautiful spots in the evening and morning. Feel exhilarated and free by walking in nature

📍 425-1 Aratake, Saito 🚗 11 mins by car from Saito IC on the Higashi-Kyushu Expwy, 25 mins by car from Sadowara Station on the JR Nippo Main Line
👥 4 spaces 📅 Up to 7 days in advance 💰 ¥6,000 per night (¥10,000 per person for both tea room and 2 bedrooms), Breakfast: ¥1,200, Lunch: ¥1,200, Dinner: ¥2,500 or ¥3,500 🕒 IN 3 PM OUT 10 AM





Saitobaru Course

This 10.5 km course circles the Saitobaru Burial Mounds (1 hr 10 mins). The site comprises over 300 burial mounds, including Osahozuka Burial Mound and Mesahozuka Burial Mound, and is covered in flowers in each season. Also check out the Saitobaru Archaeological Museum of Miyazaki Prefecture (Free admission).



Start and finish at Aisome Square. The statues of the grandson of the sun goddess, Ninigi no Mikoto, and Konomihanasakuya-hime are landmarks

Circle Saito Course

This 44.5 km course circles the city (4 hrs). It has some ups and downs, but provides a great feeling of accomplishment once you finish! You can stop by restaurants and hot springs along the way too.

Check out these courses too!

Hokita Course Much of the 20.5 km course follows the track of the former JNR Tsuma Line, providing an easy cycling path (1 hr 55 mins).

Kurouno Course This 11.7 km (1 hr 5 mins) course passes many restaurants and has few ups and downs, making it great for a carefree ride.

Tonokori Course This 20 km course passes the ruins of Tonokori Castle, a mountain castle built by the Ito clan (1 hr 50 mins). It also includes a lot of ups and downs.

Miyazaki Car Ferry to Saito Course This course follows the beautiful pine-forest-lined Miyazaki Sadowara Saito Bicycle Route Line from the port of Miyazaki to the center of town. 31.5 km (2 hrs 50 mins).

Hyuga-Shintomi Station to Saito Course This 12.3 km course leaves Hyuga-Shintomi Sta. and passes by the Japan Air Self-Defense Force Nyutabaru Air Base (50 mins). You might even spot a fighter jet overhead.

Travel the area by bicycle! Let's go cycling!

Seven cycling courses wind their way through Saito's abundant nature and historic sites like the Saitobaru Burial Mounds. Bicycles can be rented from two locations in town (City bikes are ¥500 for 6 hrs or less. Other bicycles available too).

☎ 0983-43-3421 (Saito City Commerce and Tourism Division)

Rent Bicycles Here

Saitobaru Guidance Center Konohanakan

☎ 0983-43-6230

Cycle Land Okuguchi

☎ 0983-43-0445

More things to do while in Saito!
**Take a Breather
Surrounded
by Nature**

The seats on the terrace are perfect for a break



Visit Gods of Love along the Kikinomichi

The Kikinomichi is a path dotted with sites connected to the mythology of ancient Hyuga (Miyazaki) and stretches 4 km from Tsuma Shrine to Osahozuka Burial Mound and Mesahozuka Burial Mound among the Saitobaru Burial Mounds. Become enthralled with Japan's first(?) romance between Ninigi no Mikoto and his empress Konomihanasakuya-hime.

☎ 0983-41-1557 (Saito City Tourism Association)

Saitobaru Burial Mounds Flower Garden



Enjoy flowers in every season, including cherry and rapeseed blossoms in spring, and cosmos in the fall! Akumaki Making

Spotlight Come here for a Workation & Telework

tomosite

The co-working space "tomosite" was born in a corner of the tourism and local products exhibition hall at shochu distillery Kagurashuzo's Saito factory. It features a wooden terrace overlooking a garden, with the mountains of Kyushu visible in the distance.

Email: tomosite@cast-er.com

☎ Nishi no Miyako Agurikan, 11965-1 Kanoda, Saito ☎ 10 mins by car from Saito IC on the Higashi-Kyushu Expwy, 20 mins by car from JR Sadowara Station ☎ ¥500 (w/ free drink) ☎ 10 AM to 5 PM (planned) ☎ Weekends and holidays ☎ 110 spaces

How's the flavor when freshly picked? Come pick blueberries!

Blueberries are delicious eaten raw. In summer, several farms in Saito offer blueberry picking experiences. Visitors love how easy it is to enjoy the harvest.



Blueberry Picking Farm Inshie no Kaze

●ブルーベリー摘み取り園 古代の風

This blueberry picking farm is near the Saitobaru Burial Mounds. The blueberries are raised without chemicals, so you can pick and eat them on the spot. Open July through mid-August. Admission: ¥500, Take berries home for ¥200 per 100 g.

☎ 090-5731-0958

Blueberry Farm Kawasaki

●ブルーベリーファーム川崎

This farm boasts 18 varieties of blueberries and 800 individual bushes. Visitors can pick berries to take home from late June to mid-August (¥200 per 100 g). Berries can also be purchased without picking for ¥300 per 100 g. Open daily during picking season.

☎ 090-5782-3929

Try it here

Local Production for Local Consumption Get gourmet meals and ingredients here!

Bell Peppers (Green Saurus)

●ピーマン (グリーンザウルス)

Highly nutritious green bell peppers shipped from October to June. They also grow sweet colorful bell peppers that taste good eaten raw.



Fully Ripe Mangoes

●完熟マンゴ

These fully ripened mangoes are cultivated using the net harvest method. Those with a sugar content of more than 15, and weight of at least 350 g are sold under the "Taiyo no Tamago" brand.



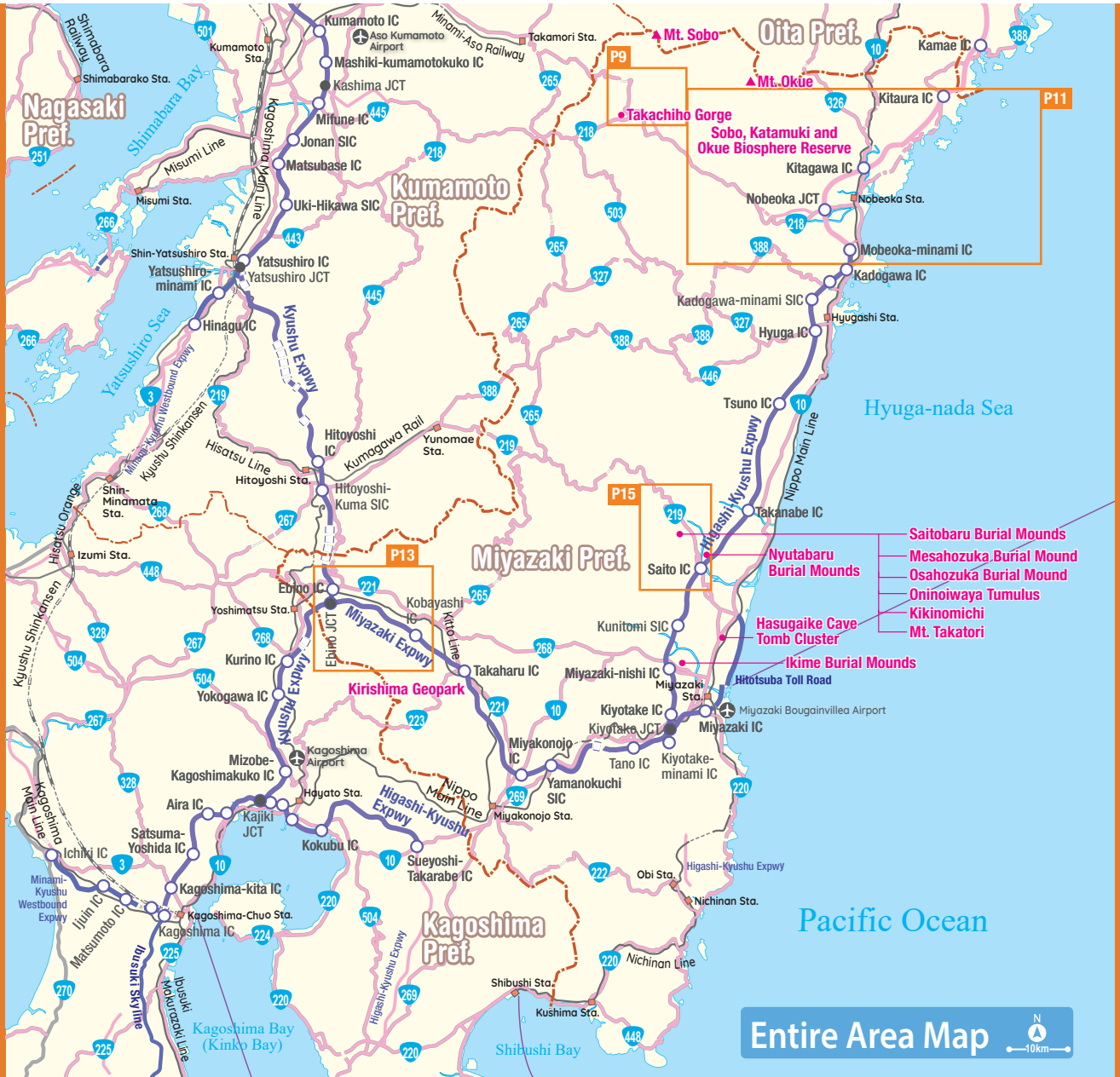
Map and Access Guide

Coming by Plane

Haneda Airport	1 hr 40–50 mins	Miyazaki Bougainvillea Airport
Itami Airport	1 hr 10 mins	Miyazaki Bougainvillea Airport
Fukuoka Airport	40–50 mins	Miyazaki Bougainvillea Airport
Haneda Airport	1 hr 55 mins	Aso Kumamoto Airport
Itami Airport	1 hr 15 mins	Aso Kumamoto Airport

Coming by Bus

Hakata Bus Terminal	4 hrs 30–40 mins	Miyazaki Station
Hakata Bus Terminal	4 hrs 30 mins	Nobeoka Station
Hakata Bus Terminal	3 hrs 20 mins	Takachiho Bus Center



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 Planning/Editing/Production: JTB Publishing, Inc. ©2021 Miyazaki Prefecture / JTB Publishing, Inc. All Rights Reserved.

Miyazaki Prefecture Tourist Information—Shun Navi
https://www.kanko-miyazaki.jp/farm_stay/index.html



*The data included in this magazine is current as of Jan 31, 2021. Some data may have changed after the magazine was printed, so we recommend you phone ahead to confirm before setting out on your trip. Moreover, please understand that we are not responsible for any damages or losses that may be incurred due to the information contained in this magazine. *In principle, admission and other fees listed in this magazine are the charges for one adult including sales tax, as confirmed during our research. *As for the New Year, obon (summer holiday), and Golden Week holidays, these have been omitted from information regarding regular closing days listed in the magazine. *In general, the hours listed are store opening

and closing times, unless otherwise specified. Please be aware that last orders and latest times of entry are generally 30 mins to 1 hr before closing time. *Travel times are only estimates. They may vary depending on weather conditions or season, so please check each means of transportation before you leave.

*Due to measures against the spread of COVID-19, some information may differ from the information given in the magazine.