



MODEL COURSE 1.VOLCANOES & ONSEN 2.CULTURE & HISTORY



















## The Island of

# Volcanoes and Onsen

A round trip of Kyushu by train & bus.

Many active volcanoes can be found in the Kyushu region, such as Mt. Fugen, Mt. Aso and Mt. Sakurajima. These volcanoes provide the power which generates the region's many famous onsen hot springs, and form beautiful natural landscapes unique to Kyushu. Many of these areas have also been designated as geoparks.







erupts from the area. The strong smell of Sulphur is also associated with these hot springs.







Ebino Trekking (Miyazaki): map D-8

Nakadake (Kumamoto): map E-5 One of the five mountains that make up Mount Aso. It has seven craters of which one is still active.

# Yanagawa River

Cruise(Fukuoka):map C-5 Ride a small boat slowly through crisscrossing canals and enjoy a

unique view of a castle town.



Established in 1687, and recognized as one of the three largest Inari shrines in Japan, its main buildings are entirely lacquer coated and gorgeously designed in vivid colors. The gods enshrined here are worshiped as guardians for good harvests, prosperity in business and family fortunes.



#### Oike Spring Water Bodies (Oita): map E-5

Up to 20,000 tons of fresh water a day springs up in Oike. Oike is located on the northern side of Kurodake in the Mt. Kuju area. Many tourists visit this place to bring back the water which is listed as one of Japan's hundred most famous watering holes



Use a rental car to explore the

# Culture & History

of Kyushu.

Renting a car and travelling through Kyushu on the road is a Model course great way to experience the region. Kyushu's network of highways connect many of Kyushu's top destinations that can be hard to reach via public transport. You could find yourself among nature journeying through a vast valley, or along a beautiful coastline not viewable by any other form of transport. Renting a car in Kyushu is cheap and easy, and with Kyushu's highways and roads uncrowded and easy to navigate, it is a great option for individual travelers, small groups and families.





Night View of Nagasaki (Nagasaki): map B-6 One of the three great urban night views in the world, alongside Hong Kong and Monaco. The lights of the port are



## Kyushu National Museum

(Fukuoka): map D-2(D-4)

Takachiho Gorg

Dazaifu Tenmangu Shrine Kyushu National Museum

Saga Castle Honmaru History Hall Arita Porcelain Tour

> Battleship Island Kumamoto Castle <mark>O</mark>motenashi Busho-tai Samurai Team

Night View of Nagasaki

Kitsuki: Walk Around in a Kimono

The Kvushu National Museum was established as the fourth national museum in Japan with the concept of "capturing the formation of Japanese culture through the perspective of Asian



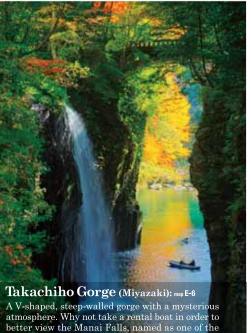
The main hall is in a rocky cave facing the cliff of Hyuga-nada. Why don't you try to throw a "lucky ball (Un Dama)" towards the cavity of "Kameishi" under the cliff to fulfill your wish.



#### Kitsuki: Walk Around in a Kimono (Oita): map F-4

top 100 waterfalls in Japan?

If you stroll around this castle town wearing a kimono (rentals available), you receive various privileges such as free admission into facilities.





#### Saga Castle Honmaru History Hall(Saga): map C-4

The History Hall was built on the Saga Castle Honmaru Goten (citadel inside the castle walls) ruins and contains within in it a faithful reconstruction of the insides of the castle itself. This hall is one of the largest reconstructed wooden buildings, and the first restoration of a honmaru goten in the whole of Japan.



Kumamoto Castle Omotenashi Busho-tai Samurai Team

(Kumamoto): man D-6(F-10)

Watch an exciting live samurai act and acrobatic dance performed at Sakura-no-baba Josaien next to Kumamoto Castle!



### Arita Porcelain Tour

(Saga): man B-5

Map &

Reference

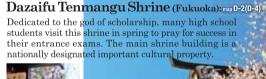
Go around visiting locations where Arita ware porcelain is made with its 400year history. The area is known as the birthplace of porcelain in Japan.





#### Battleship Island(Nagasaki): map B-6

This island, that you may have seen featured in the 2012 James Bond movie "Skyfall," is a popular spot for those travelling in Nagasaki. Due to its unusual shape from a distance, as created by its high rise apartments, the island is colloquially known as "battleship Island". The island was originally home to the Hashima Coal Mine and was eventually abandoned in the 1970's making for its ghostly atmosphere in the present day. Tours are available to the island, but landing is dependent on the roughness of the surrounding sea.









#### Kirishima Shrine (Kagoshima): map D-8

A very old shrine founded in the 6th century. The magnificent vermillionlacquered main shrine hall was constructed in 1715.

# The Best Onsen

### Enjoy Kyushu's hot springs while wearing yukata!

You can visit a variety of onsen hot springs in Kyushu. Every hot spring has its own unique quality and surrounding scenery. Which onsen will become your favourite?

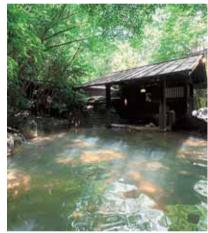






#### Kurokawa Onsen (Kumamoto): map E-5

This hot spring town has been refined in its appearance and atmosphere and was additionally classified as a two-star hot spring area in the "2009 edition Michelin Green Guide Japan."



## Uchinomaki Onsen (Kumamoto): map E-5

An elegant hot spring resort, the largest in the Aso area, with over 30 hotels and traditional inns lined up together. This town has a long history of being loved and frequented by artists and literary





#### Ureshino Onsen (Saga): map B-5

A once flourishing post-station town in the Edo Period. Water from the hot spring has long been known for its skin-smoothing properties.



#### Shiratori Onsen (Miyazaki): map D-8

A public onsen hot spring located on the Ebino Kogen mountainside. Surrounded by a lush forest, listen to echoing birdsong as you soak in the open air baths.



## Sakurasakura Onsen / Doroyu (Mud bath) (Kagoshima): map D-8

This onsen hot spring is enveloped by the untouched nature of Kirishima. Why not try the mud bath, famous for its effects on making the skin glisten?



#### Yufuin Onsen (Oita): map E-4

This is one of the most popular hot springs in Japan. There are many cafes, artists' studios and museums, making for an enjoyable stroll around the town.



#### Obama Onsen (Nagasaki): map C-6

Obama Onsen features gushing hot spring water from 30 different sources, and also has the warmest hot springs in Japan. You can also watch the beautiful setting sun sink into the ocean while indulging in Japan's longest footbath of 105 meters, which incidentally has a temperature of 105 degrees as well. The footbath is named "Hot Foot 105" in Japanese.



### Ibusuki Natural Sand Bath

(Kagoshima): map D-10

Get buried in hot sand on the beach—a unique form of hot spring with a great detoxifying effect.



# Gourmet Foods

### Enjoy Kyushu's Local, unique delicacies!

Kyushu is well-known for its delicious food and unique regional dishes. Thanks to the warm climate, Kyushu has an abundance of agricultural produce, seafood and good quality livestock.

#### Chicken Nanban (Miyazaki):

Chicken nanban is a popular dish nationwide, but has its origins in Miyazaki. It is made with crunchy and crispy deep-fried young Miyazaki chicken, dipped in an exquisite sweet and sour sauce and dressed with tartar sauce

Kannawa Hell-steamed Studio (Oita): This is a place where you can experience the unique "hell-steamed cooking" method of the hot springs. Seafood



#### Sasebo Burger (Nagasaki):

Dago Soup (Kumamoto):

soy sauce is added for extra flavor. However, the

style and variation of the soup changes from

restaurant to restaurant and house to house.

One thing is for certain; this soup is great for

warming up in the Kumamoto winter.

The recipe for this burger originated from the US navy base in Sasebo. Burger shops are located all over the city with each restaurant offering a slightly different variation.

Kumamoto is an area in which you can taste one of Kyushu's traditional cuisines, Dago Soup. This soup is made by kneading dough into a flat dumpling, and then boiling it alongside seasonal vegetables such as radishes and carrots, before miso and



#### Tonkotsu Ramen(Pork broth noodle soup) (Fukuoka):

This delicious pork broth and noodle soup originated in Fukuoka, Kyushu's bustling capital Famous in Japan and internationally, why not come down to Fukuoka and give it a try yourself?



of nutritious tofu and hot spring water is very good for the health. The spring water can also be drunk and is great for digestion.



#### Yusenpei (Nagasaki):

Baked rice crackers made using hot spring water. The rice crackers have a slightly sweet, refreshing and light texture, and it is also popular as a souvenir.

#### On Tamaran Bowl (Kagoshima):

This local delicacy of Ibusuki uses locally produced mountain vegetables and seafood. It is also customary to top this dish with an egg boiled in the onsen hot springs to complete the recipe.



#### Steamed Eel (Fukuoka):

The rice is mixed with sweet soy sauce, then topped with grilled eel and finally steamed. You can taste the eel from every bite.



#### Hell-steamed Chicken (Kumamoto):

A special dish of the hot spring resort in oguni-cho. Cooked by putting the chicken in the pot and steaming it for more than two hours in the steam from the hot

#### Beppu Cold Noodles (Oita):

In Beppu, Korean style cold noodles are eaten often, even in winter. The thick noodles and moderately sour soup are delicious.



#### Shirokuma (Kagoshima):

Shirokuma, meaning Polar Bear, is Kagoshima's original shaved ice dessert with fruits like banana and cherry piled on top and covered with condensed milk.

#### Miyazaki Beef (Miyazaki):

Miyazaki Prefecture is one of the top black beef



producers in Japan. The brand name "Miyazaki Beef" is given only to selected meat that meets strict criteria, including tenderness, taste, and color, Its rich and profound taste has garnered it a high reputation both in Japan and overseas.



# Seasonal Events

### Enjoy events and festivals held only in Kyushu!

Kyushu is really a place for festival lovers. with a plethora of events to pique the interest, including traditional festivals and lively events for the passionate Kyushu people. There are also dozens of places to enjoy seasonal flowers, such as cherry blossoms and cosmos.



Umi no Nakamichi Seaside Park, national park (Fukuoka): map C-3(B-1

There are four seasonal flower gardens, playgrounds, small animal corner and much more on the vast site that 40 time of Yahoo Dome. You can enjoy the place with





This park has a collection of flowers and rare species of wild plants native to Aso, such as Higotai, or Echinops setifer, which bloom in summer. Fields of cosmos, with

Higotai Park (Kumamoto): map E-5

their riot of color, are another special feature of autumn.



Tobata Gion Yamakasa Festival (Fukuoka): map D-3

Karatsu Kunchi Festival (Saga): map B-4

carried around the old castle town of Karatsu

This traditional festival has long history of 200 years and is

registered as an Important Intangible Folk Cultural Asset. Every November from the 2nd to 4th, 14 Hikiyama (floats) are

> Nagasaki Lantern Festival (Nagasaki):

In this festival, held on Chinese New Year, the town is decorated with approximately 15,000 lanterns and large illuminated

Kyokusui Banquet Festival

Traditional hina dolls are displayed at various spots around the city. including former noted residences and museums, from mid February to March.

(Fukuoka): map D-2(D-4) This banquet is held every year in the spring within the grounds of the Dazaifu Tenmangu Shrine. People who dress like noblemen from a thousand years ago gracefully prance around in an age-old imperial ceremony. Tenryo Hita Doll Festival

Gion Yamakasa is registered as an Important Intangible Folk Cultural Asset as well as being included as a UNESCO Intangible Cultural Heritage. This traditional evet is held in summer and features lanterns at night.

(Oita): map E-4



Yatsushiro Myokensai Festival (Kumamoto): map D-6

This festival is registered as a National mportant Cultural Property and also included in UNESCO's Intangible Cultural Heritage. In this festival you can view some of Shinto's most sacred symbols such as the Mikoshi, Shinto Lion and horses as well as the legendary sea creature "Kida" and much more.



Ohara Festival (Kagoshima): map D-9

Over 20,000 dancers take part in this festival. It is held on the second and the third of Novemer every year



Miyama Kirishima at Unzen Mounting

Nita Pass, the tourist Mecca of Unzen, is filled with the

sight of 10,000 glorious pink Miyama-Kirishima, or

Nitta Pass (Nagasaki): map C-6

Rhododendron kiusianum, from mid-May

Scenery of the Pottery of Okawachiyama (Saga): map B-4 In 1657, the Nabeshima clan opened a major porcelain production plant on this mountain. It was forbidden to divulge the intricacies of the manufacturing process by the order of the lords of the realm, and was therefore named the "Village of the Secret Kiln." Nowadays, about

30 of the original pottery shops are still open



Water Slide at Ryumon Falls (Oita):map E-4

This waterfall features a natural waterslide which is often

packed with people in the summer trying to escape the heat.

The waterfall is double-layered and 40 meters wide with a

Saitobaru Burial Mound Site (Miyazaki): map F-7 Spread about on a hilly area with an altitude of 70 meters is the Saitobaru Burial Mound Site; the largest in Japan with over 300 tombs in the area. In early spring, the rape blossoms bloom first with cherry blossoms following. This is a great place to enjoy ancient history as well as the Japanese custom of cherry blossom viewing.



Kirishima Geo Park (Kagoshima, Miyazaki): map D-8

The Kirishima Mountain Range has over 20 volcanoes, including the highest peak on Mt. Karakuni, and a numbers of crater lakes, including Onami-no-ike Pond. It was designated as Japan Geo Park in 2010.



<sup>\*</sup> The data indicates monthly average temperature and average total precipitation in each prefecture in Kyushu (based on the data for January – December 2016, provided by the Japan Meteorological Agency)





# The Island of Volcanoes and Onsen/A round trip of Kyushu by train & bus.

## North Kyushu





## South Kyushu



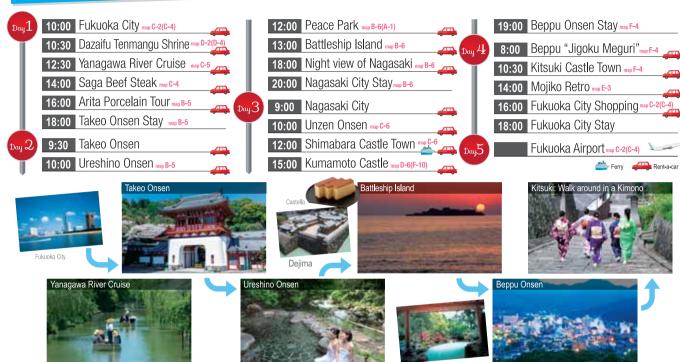




## MODEL COURSI

# Use a rental car to explore the Culture & History of Kyushu.

## North Kyushu



# South Kyushu

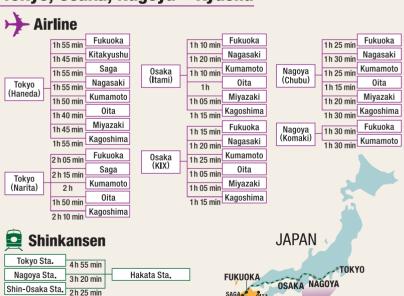


## All Kyushu









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