

# Kumamoto Guidebook

くまもとガイドブック



Published by:  
Kumamoto Prefecture Tourist Federation

Kumamoto-ken Jutaku Kyokyu Kosha Bldg. 3F,  
Suizenji 6-5-19, Chuo-ku, Kumamoto

© 2010 熊本県くまモン

Kumamoto Prefecture  
Tourism Site

Nagomi



Kumanago



<http://kumanago.jp/en/>

Watch the all new clips  
filmed in Kumamoto.

HERE I AM KUMAMOTO



HERE I AM KUMAMOTO



<https://kumanago.jp/hereiam/en/>





# WELCOME TO KUMAMOTO

Come to Kumamoto!



## Kumamoto - The Heart of Kyushu.

With the entire prefecture literally filled with steaming onsens, Kumamoto is one of Japan's best places to go hot spring hopping and treat yourself to a relaxing bath. Forget the stresses of daily life and take a long hot soak in a Kumamoto onsen! And after your rejuvenating spa, it's time to try some of Kumamoto's fresh and famous cuisine!

## Welcome to Kumamoto -

Where gourmet meals and relaxing onsen await!

This information is current as of 4/1/2017.  
Please contact the location directly for details.

## NORTH

(Arao, Tamana, Yamaga, Kikuchi)

The area around the Kikuchi River is Kumamoto's main rice producing region. Sweets and other foods made with rice flour abound. The area is also home to a number of onsen, making the North a perfect place to come to and heal both mind and body!

## ASO

Feel the power emanating from within Aso, largely located within one of the world's largest calderas. Aso is scattered with a variety of ancient sites important to the mythology of the region, but there are also a ton of modern outdoor activities to enjoy as well! Don't forget the excellent food either, because Akaushi Wagyu, dengaku, and dago-jiru alone will make your trip worthwhile!

## CENTRAL

(Kumamoto, Uki, Kamimashiki, Shimomashiki)

Kumamoto Castle stands as the symbol of the history and traditions passed down in the Central region of Kumamoto. Stone bridges and historical sites act as monuments to the great lords who once ruled here. Kumamoto's unique traditional crafts are also a window into the region's prosperous past.

## SOUTH

(Yatsushiro, Minamata, Ashikita, Hitoyoshi, Kuma)

Thanks to the Kuma River and the Shiranui Sea, South Kumamoto is a treasure trove of delicious seafood. You've got tasty ayu and yamame river fish, plus saltwater delicacies like tachiuo and ashika shrimp! Local guides are always happy to show off their hometown and introduce some of the areas many unique craft artisans.



## AMAKUSA

Amakusa - countless isles floating on a blue sea under a azure sky. An interesting history rooted in Christianity and foreign influence has created a culture and atmosphere you'll find nowhere else in Japan. Delicious seafood and friendly locals means no trip to Kumamoto is complete without a visit to Amakusa!

Amakusa Airport



## CONTENTS

Getting Around	3
Aso	4
Amakusa	18
Central (Kumamoto, Uki, Kamimashiki, Shimomashiki)	26
North (Arao, Tamana, Yamaga, Kikuchi)	32
South (Yatsushiro, Minamata, Ashikita, Hitoyoshi, Kuma)	40



**Train Lines**

**Sanyo-Kyushu Direct Shinkansen**  
Shin-Osaka ↔ Kumamoto: 2hr 58min (fastest)

**Kyushu Shinkansen**  
Hakata ↔ Kumamoto: 33min (fastest)  
Shin-Tosu ↔ Kumamoto: ~25min

**Trans-Kyushu Ltd. Exp.**  
Beppu ↔ Kumamoto: ~3hr 10min

**A-Train Ltd. Exp.**  
~40min

**Minami-Aso Railway**  
Nakatsumi ↔ Takamori: ~15min  
\*Closed from Tateno to Nakamatsu

**Isaburo Shinpei**  
Kumamoto ↔ Hitoyoshi: ~1hr 40min  
Hitoyoshi ↔ Yoshimatsu: ~1hr 20min

**Kyushu Shinkansen**  
Kagoshima Chuo ↔ Kumamoto: 43min (fastest)

**Hayato no Kaze Ltd. Exp.**  
~1.5hr

**SL Hitoyoshi**  
~2.5hr

**Kumagawa Railroad**  
~45min

**Hakata**, **Hiroshima**, **Shin-Osaka**, **Nagasaki**, **Shin-Tosu**, **Kurume**, **Shin-Tamana**, **Kumamoto**, **Higo-Ozu**, **Aso**, **Miyaji**, **Nakamatsu**, **Takamori**, **Misumi**, **Uto**, **Shin-Yatsushiro**, **Yatsushiro**, **Hitoyoshi**, **Yunomae**, **Shin-Minamata**, **Minamata**, **Yoshimatsu**, **Sendai**, **Kagoshima Chuo**

**Legend:**  
 - Shinkansen (Solid black line)  
 - Limited Express (Dashed black line)  
 - Local (Solid blue line)  
 - Trans-Kyushu Ltd. Exp. (Dashed blue line)  
 - A-Train Ltd. Exp. (Green line)  
 - Minami-Aso Railway (Orange line)  
 - Isaburo Shinpei (Yellow line)

Highway Buses (Reservations)	
Kumamoto Highway Bus Center	096-354-4845
Fukuoka: Kyushu Highway Bus Center	092-734-2727
Kobe, Osaka, Kyoto: Kintetsu	06-6772-1631
Nagoya: Meitetsu	052-582-0489
Normal Road Buses in Kumamoto	
Sanko Bus Service Center	096-325-0100
Kyushu Odan Bus (Kumamoto-Beppu)	
Kyushu Odan Bus Reservation Center	096-354-4845
Taxis	
Kumamoto Taxi Assoc.	096-368-4101
Trains	
JR Kyushu Info Center	050-3786-1717
Kumamoto Electric Railway	096-343-2552
Minamiasa Railway	0967-62-0058
Kumagawa Railroad	0966-23-5011
Hisatsu Orange Railway	0965-32-5678
Road Information	
Japan Road Traffic Info Center (Kumamoto)	050-3369-6643
Car Rental	
Kumamoto Rent-a-Car Assoc.	096-367-3675

Bus Name	Area	Contact	Phone
Shiromegurin Kumamoto Castle Loop Bus	Kumamoto Castle	Kumamoto City Bus Motoyama Office	096-312-5077
Aso Sightseeing Bus	Aso	Sanko Bus Aso Office	0967-34-0211
Amakusa Gurutto Loop Bus	Amakusa	Hondo Bus Center	0969-22-5234
Juguritto Hitoyoshi Loop Bus	Hitoyoshi	Sanko Bus Hitoyoshi Office	0966-22-5205
Paraiso Strolley	Kamiyamakusa	Sanko Bus Misumi Office	0964-52-3135

Boat Line	Contact	Phone
Shimabara↔Kumamoto (Ocean Arrow)	Ocean Arrow Reservation Center	0957-63-8008
Shimabara↔Kumamoto	Kyushu Ferry	096-329-6111
Taira↔Nagasu (Ariake Ferry)	Ariake Ferry	0968-78-0131
Misumi-Matsushima (Amakusa Takarajima Line)	Sea Cruise	0969-56-2458
Kuchinotsu↔Oniike	Shimatetsu Ferry	0969-32-1727
Mogi↔Tomioika	Reihoku Kanko Kisen	0969-35-0705
Matsushima↔Yatsushiro	Matsushima Ferry	0969-56-2478
Hondo↔Goshoura, Goshoura↔Misumi	Shiosaikun Goshoura Farmer's Market	0969-67-1234
Goshoura↔Tanasoko, Goshoura↔Odo		
Goshoura↔Minamata		
Misumi↔Tanasoko		
Ushibuka↔Kuranomoto	Yamahata Unyu	0969-64-3306
	Sanwa Ferry	0969-73-2103

- What do these symbols mean?

This mark points to energy-filled power spots, like shrines and nature sites.

Kumamoto is filled with natural hot springs. Onsen fans should head for these hotspots.

Look for this mark to find traditional local foods, famous dishes, and yummy sweets.

Ruins telling the tales of Kumamoto's past and local culture sites are located here.

Stroll through town with a guide or find a fun activity at these spots.

A ticket symbol means useful transportation information, e.g. sightseeing trains and buses, as well as taxi hires.

# ASO 阿蘇

*Feel the power of the Earth emanating from one of the world's largest calderas. Seek the mystical hidden mysteries of Aso. Don't forget to have fun, too!*



\*See map of Aso on pg 11, too.



# RECHARGE IN THE OUTDOORS OF ASO! FEEL THE TRUE ENERGY OF THE EARTH

Aso, lying inside an ancient, enormous crater, is home to wide swaths of unspoiled nature and innumerable, crystal-clear springs. Even without a clear destination, Aso is the perfect place to explore and discover.

★ Experience the power of the volcano!

## ASO NAKADAKE MAIN CRATER

The volcanic crater on the Nakadake peak of Mt. Aso is one of the only places in the world where you can get so close to an active volcano. Check out the projection mapping exhibit, too!

Kurokawa, Aso City  
Tel: 0967-34-1600 (Aso Information Center)



Aso UNESCO Global Geopark

## ★ ASO IS A WORLD GEOPARK!

A Geopark is a site where you can learn about and experience the geological heritage that tells the history of the Earth and how it influences the wildlife and culture of the region. Aso's abundant nature, including its enormous volcanic caldera and many hot springs and groundwater resources, along with the unique culture of the area, earned Aso certification as a UNESCO Geopark.



Ride a horse  
through Kusenri!

★ Stunning views

## KUSASENRI-GA-HAMA

Situated on top of Mt. Aso and surrounded by its many peaks, all the power of Aso seems to gather in this one area. Perfect for a stroll, or try your hand at horseback riding.

Kusasenri-ga-hama, Aso-shi  
Tel: 0967-34-1600 (Aso Information Center)



★ Magnificent panoramas

## THE FIVE PEAKS OF ASO FROM DAIKANBO

Surrounded by the mountains and peaks of Aso, Daikanbo offers the most breathtaking views in the entire region.

Hatabe Yamada, Aso-shi  
Tel: 0967-34-1600 (Aso Information Center)



★ Mythical colossal boulders

## OSHITOISHI HILL

An ancient prayer site located near Mazeno Gorge in Minamioguni where, if you look carefully, you'll discover archaic petroglyphs hewn into the enormous stone.

Minamioguni-machi, Aso-gun  
Tel: 0967-42-1444  
(Minamioguni Tourism Association)



## ★ TAKAMORI DON-NO-SUGI

This tree, over a millennium old with a trunk circumference of over 10 meters, has grown dozens of enormous branches. You have to visit to believe the sheer size of this ancient tree.

Takamori 3341-1, Takamori-machi, Aso-gun  
Tel: 0967-62-2233  
(Takamori Tourism Association)



Recently  
featured in a  
TV commercial!

★ The eternal purifying power of water

## NABEGATAKI FALLS

Ten meters tall and twenty meters wide, you can actually access the cave behind Nabegataki Falls for a rare view of a waterfall from the inside. The mystical beauty and pure air of the running water cleanse both spirit and body.

Kurobuchi, Oguni-machi, Aso-gun  
Tel: 0967-46-2113 (Oguni Commerce and Tourism Desk)

## ★ KOMEZUKA

Legend has it that the god that created Aso built this volcanic mound out of the rice he harvested. The best view of the unique scooped-out formation on top of Komezuka is from halfway along the trail leading from JR Aso Station to Kusasenri-ga-hama.

Nagakusa, Aso-shi Tel: 0967-34-1600 (Aso Information Center)



★ Pray for luck and wealth

## TOUR THE THREE LUCKY SHRINES

Visit Oguniryo Shrine, the Keyaki Fountainhead, and Kagamigaikae Pond to pray for luck. Legend has it that any donation made to the collection boxes will return thousand-fold upon the giver. Collect stamps at each place to receive a special good luck charm!

Miyahara 1670, Oguni-machi, Aso-gun  
Tel: 0967-46-3621  
(Oguni Chamber of Commerce)



## Useful Express Buses

### YAMABIKO

Connecting Kumamoto and Oita, the Yamabiko makes getting around Aso a breeze. 7 round-trips/day. Kumamoto Station ↔ Kumamoto Airport for boarding only.

**Main stops:** Ozu Station, Otohime Pension Village, Cuddly Dominion, Aso Station, Miyaji Station

Tel: 096-325-0100 (Sanko Bus Service Center)



### ASO CRATER LINE

The Aso Crater Line runs regularly between Aso Station and Kusasenri-ga-hama/Aso Volcano Museum. Departs twice daily from Aso Station.

Tel: 0967-34-0211 (Sanko Bus Aso Office)

### TAKAMORI

If you're heading towards Takamori from Kumamoto Station or Kumamoto Airport, the Takamori Bus is your best bet. 3 round-trips/day.

**Main stops:** Downtown Kumamoto, Aso Kumamoto Airport, Asobo-no-Sato Kugino, Nakamatsu Station, Shirakawa Fountainhead, Takamori Yusui Tunnel Park, Central Takamori

Tel: 0967-62-0515 (Sanko Bus Takamori Office)



# FALL IN LOVE WITH FUN AND EXCITING ACTIVITIES IN ASO!

Aso is home to a ton of one-of-a-kind adventures and activities that are sure to please people seeking both leisure and thrills!



Take flight and enjoy the views!

## ASO NATURELAND

Offering 11 different outdoor activities, including paragliding and hot air balloon rides.

Uchinomaki 1092-1, Aso-shi  
Hours: 9AM-6PM (Mar-Oct)  
9AM-5PM (Nov-Feb)  
Closed: Thu (Wed & Thu in Jan)  
Price: Depends on activity  
\*Reservations required  
Tel: 0967-32-4196



Beginner-friendly horseback riding

## HORSE TREKKING

What could be better than horseback riding in the great outdoors of Aso? Our friendly horses are easy to ride, even for first-timers. Now's your chance to be a cowboy/cowgirl!

### Elle Patio Farm

Sanno 2305-1,  
Ichinomiya-machi, Aso-shi  
Hours: 9AM-5PM every day  
(last reservation: 4PM)  
Tel: 0967-22-3861

### BlueGrass

Takamori 2814,  
Takamori-machi, Aso-gun  
Closed: Occasionally  
Hours: 9AM-4PM  
Tel: 0967-62-3366

### Green Valley

Yunoura 1674-18, Aso-shi  
Hours: 9AM-4PM  
Closed: Thu  
Tel: 0967-32-2990



Walk through the star-filled skies of Aso

## WINTER STAR WATCHING

This Star Watching Tour was created to thank everyone for supporting the Aso area after it was hit by the Kumamoto Earthquakes. Your guide will help you enjoy the wonders of the night sky.

Near Daikanbo  
Hours: 7:30PM-9:30PM  
(Apply by 4PM on day of at your hotel)  
Tel: 0967-32-3330  
(Aso Hot Spring Inn Union)



So many  
adorable animals!



Fun and relaxing farm activities

## VISIT A RANCH

A perfect match for the abounding nature of Aso. Come face-to-face with animals at a petting zoo, too!

### Aso Milk Ranch

Lots to do, like make sausages, milk a cow, or watch a goat race! Our all-you-can-eat buffet is super popular, too!

Kawahara 3944-1,  
Nishihara-mura, Aso-gun  
Hours: 10AM-5PM  
Closed: Occasionally  
Price: Entrance ¥350  
\*Activities cost extra  
Tel: 096-292-2100

### Mo-Mo Farm Takehara Ranch

Milk a cow, try your hand at making butter or bread, or ride a pony! Our homemade soft-serve ice cream is a popular sweet treat!

Minaminaibaru 996,  
Nishimachi, Aso-shi  
Hours: 9:30AM-4PM  
Contact us about activities  
Closed: Tue  
Tel: 0967-34-1000

### Ubuyama Farm

Look for the huge wind turbine! We recommend the butter and caramel workshops!

Yamaga 2100-3, Ubuyama-mura,  
Aso-gun  
Hours: 10AM-4PM  
Closed: Wed from Jan 10 to Mar 31  
Tel: 0967-25-2900



## MONKEY SHOWMAN THEATER

These stunning monkey performances are sure to make you smile! Come see these adorable monkeys put on a show for you!

Shimono 793, Minamiaso-mura, Aso-gun  
Hours: Changes daily (check website)  
Open every day  
Price: Adults ¥1080,  
Junior and Senior High School Students ¥850,  
Kids (3 and up) ¥600  
Tel: 0967-35-1341



## ASO CUDDLY DOMINION

The Miyazawa Theater is a must-see. Come meet and see a variety of animal friends at this friendly theme park.

Kurokawa 2163, Aso-shi  
Hours: 10AM-4:30PM  
Closed: Weekdays until Mar 3, 2017  
Tel: 0967-34-2020



## ASO FARMLAND

Theme park focused on nature and health that the whole family can enjoy. Offers exercise, relaxation, food, and activities, and the unique Dome Hotel rooms are a hit!

Kawayo 5579-3, Minamiaso-mura, Aso-gun  
Hours: 10AM-4PM (Mon-Fri)  
10AM-5PM (Sat)  
9AM-5PM (Sun)

Open every day  
Price: Entrance is free \*Activities cost extra  
Tel: 0967-67-2100

Some areas have  
different hours  
of operation



## COUPLES - KAJITSU-NO-KUNI

Farm offering year-round pick-your-own fruit. Apple pie and ice cream made with fresh fruit is a must!

Nishimachi 1003-3, Aso-shi  
Hours: 9AM-5PM  
Closed: Occasionally  
Tel: 0967-34-0100



## ZOOTOPIA KUMIKI TOY HALL

A wide selection of toys crafted from a single piece of wood. Space available for puzzle play, and you can also make your own!

Kitazato 345, Oguni-machi, Aso-gun  
Hours: 10AM-4PM  
Price: Adults ¥200, Elem. & JHS ¥100, Younger kids are free. \*Activities cost extra  
Closed: Thu Tel: 0967-46-3387



## ASO HELICOPTER TOURS

See the splendor of Aso from above! Your tour will take you past Kometsuka, Kusasenri, and the main Nakadake crater!

Kurokawa 2163, Aso-shi  
(Inside Cuddly Dominion)  
Tel: 0967-34-2020  
(Aso Cuddly Dominion)



# RELAX IN STYLE IN MINAMIASO

*The locals of Minamiaso always greet visitors with a smile!  
We've got good food, water, and greenery, so come join us!*

## ★ Try ice cold water, fresh from the spring

### SHIRAKAWA FOUNTAINHEAD & LOCAL SPRINGS

Visit some of the many natural springs located in Minamiaso, including Shirakawa and Takezaki. You'll be surprised to see just how much water is produced every second.

Shirakawa, Minamiaso-mura, Aso-gun  
Tel: 0967-67-2222 (Minamiaso Tourism Association)

## A open-air, relaxing train ride MINAMIASO RAILWAY

This local train winds through gorges and rice fields with windows open, letting in fresh country air.

Nakamatsu Station ↔ Takamori Station  
Tel: 0967-62-0058  
(Takamori Station, Minamiaso Railway)

### Takamori Station Rent-a-Cycle

Takamori 1537-2, Takamori-machi, Aso-gun  
Hours: 9AM-5PM  
Price: 2-hour rental ¥600, 4 hours ¥1000  
8 hours or more ¥1,500  
Tel: 0967-62-0058  
(Takamori Station, Minamiaso Railway)



Featured in a  
popular beverage  
commercial!



MIHARASHIDAI STATION

## Looking for fresh Minamiaso produce?

### MOE-NO-SATO MARKET

Featuring fresh Minamiaso produce, local specialties, and ice cream!

Komori 3019, Nishihara-mura, Aso-gun  
Hours: 9:30AM-5:30PM  
Closed: Occasionally  
Tel: 096-237-7333



Specialties for  
each season!

## Weekend-only cafe HISANAGAYA

Weekend/holiday-only cafe now open at Choyo Station! Try our fluffy chiffon cake while waiting for the next train!

Kawayo 3440-4, Minamiaso-mura, Aso-gun (inside Choyo Station)  
Hours: 11AM-6PM (Sat, Sun, holidays only)  
Price: ¥880 (chiffon cake set)  
Tel: 0967-67-1107



## Picture book characters await!

### ASO HIGHLAND MUSEUM PARK

A beautiful space with grand views straight from a picture book. Featuring art and poems by Kumamoto artist Yoh Shomei.

Kawayo 5988-20, Minamiaso-mura, Aso-gun  
Hours: 10AM-5PM, 10AM-4PM (Winter), open every day  
Price: Adults ¥450, JHS/HS students ¥250  
Elem ¥150 Tel: 0967-67-2719



## Craft a memento of your visit

### MINAMIASO-YAKI POTTERY

Try your hand at making your own pottery, from forming to painting. Reservations required, classes take 40-50 minutes.

Hisaishi 3092, Minamiaso-mura, Aso-gun  
Hours: 9AM-5PM  
Closed: Occasionally  
Tel: 0967-67-1230



Check out our cafe!



## Art surrounded by greenery

### ASO HAKUSUIGO ART MUSEUM

Come for the art, stay for the relaxing cafe, all located in beautiful Minamiaso.

Ichizeki 1247, Minamiaso-mura, Aso-gun  
Hours: 10AM-4PM  
Closed: Mon, Tue (or next day if holiday)  
Price: Adult ¥500, HS/College students ¥400, Elem/JHS students are free  
Tel: 0967-62-8200



## Dyed in the nature of Aso

### COLORS MINAMIASO DYEING WORKSHOP

Featuring items dyed using natural, seasonal ingredients. You can even try dyeing something yourself. Reservations required.

Kain 4043-8, Oaza, Minamiaso-mura, Aso-gun  
Hours: 10AM-6PM Closed: Wed & Thurs  
Tel: 0967-67-2747



## A hot spring with a stunning view of Mt. Nekodake

### TSUKIMAWARI SPA

One of Minamiaso's true pleasures is taking a relaxing soak in an outdoor hot spring while gazing at the majestic peaks of Aso. After your bath, try a relaxing meal of charcoal-grilled local chicken. Covering over 8 acres, Tsukimawari even has a golf driving range! We've got something for all ages and activities the whole family can enjoy.

#### Tsukimawari Spa

Takamori 3015, Takamori-machi, Aso-gun  
Hours: 3PM-7PM, 1PM-7PM (Sat, Sun, holidays)  
Closed: Tues  
Tel: 0967-62-0141

Private family  
baths also available!





# ASO HAS SO MUCH TO FOOD, CAN YOU EAT IT ALL?!

Aso, where excellent water means excellent food.

From hayashi rice to soba and sweets, we've got everything!

## Full of Aso goodness ASO HAYASHI RICE

Gourmet hayashi rice, made with local Aso rice, Akaushi wagyu beef, and tomatoes. Available at 34 shops in Aso.

Available all throughout Aso  
Tel: 0967-34-1600 (Aso Information Center)  
Tel: 0967-42-1111 (Minamioguni Tourism Association)  
Tel: 0967-46-4111 (Oguni Roadside Station Yu-Station)  
Tel: 0967-25-2211 (Ubuyama Tourism Association)  
Tel: 0967-62-2233 (Takamori Tourism Association)  
Tel: 096-279-3111 (Nishihara Planning & Commerce Section)  
Tel: 0967-67-2222 (Minamiaso Tourism Association)

aso hayashi rice Search

## Extraordinarily tasty ASO SWEETS ASSORT

One ticket gets you one sweet at any of the participating locations. Please be aware the locations and menu items may change.

Ichinomiya, Uchinomaki, Bochu areas Price: 3 tickets for ¥500  
Tel: 0967-22-3318 (Aso-shi Community Growth Section)

## HANA ASOBI

A full menu featuring savory beef raised in the grassy fields of Aso! Try the Akaushi Steak Bowl (the sauce is great!), a big Roast Beef Bowl, or any of our other tasty selections!

Ozato 781, Aso-shi  
Hours: 9AM-5:30PM  
Restaurant: 11:30AM-3PM  
Open every day Tel: 0967-23-6262

## You've never seen so much beef! AKAUSHI ROAD

Akaushi wagyu beef is famous for being lean and healthy, and is popular with the ladies. Nine shops line Route 28, each one offering excellent Akaushi dishes.

Minamiaso-mura, Aso-gun  
Tel: 0967-67-2222  
(Minamiaso Tourism Association)



**Takanameshi**  
Local dish of rice mixed with spicy pickled mustard greens.



Route to Aso/Minamiaso  
Not running  
Road info is current as of 12/27/2016



## Join the Pudding Tradition TSUETATE PUDDING

A modern twist on a local favorite made from sweetened steamed eggs. There are 14 shops, each with a different pudding. Try 'em all!

Tsuetate Onsen, Oguni-machi, Aso-gun  
Tel: 0967-48-0206  
(Tsuetate Onsen Tourism Association)



## Soba, in all its glory SOBA KAIDO

Aso is an important producer of soba (buckwheat) and this area near Oguni/Minamioguni is the best place for soba noodles.

Oguni-machi/Minamioguni-machi, Aso-gun  
Tel: 0967-42-1444 (Minamioguni Tourism Association)

soba kaido Search

## A real taste of Kumamoto DAGO-JIRU KAIDO

38 shops offer dago-jiru, a local hearty dumpling soup specialty, along this stretch of Route 57. Try a couple and find your favorite style of dago-jiru!

Along Route 57, Aso-shi  
Tel: 0967-32-0200  
(Aso Dago-Jiru Route 57 Council)



**Takamori Dengaku**  
Dengaku is a traditional style of cooking, where fish, veggies tofu, etc., are flavored with miso paste and roasted next to an open fire. Goes perfect with some sake also warmed by the fire.





# THE ULTIMATE SPA EXPERIENCE IN ASO, LAND OF HOT SPRINGS

Aso is filled with natural, bubbling hot springs. From world-renowned onsen towns to quiet hot spring villages perfect for a stroll, Aso has the perfect place for you.

## ◆ Kurokawa ◆

### ♨ EACH BATH IS TOTALLY DIFFERENT!

Kurokawa Onsen consists of 24 bathhouses, each with their own hot spring source. This means the water quality, smell, color, and mineral content of each place differs completely. With so many baths in such a small area, try out a couple different baths to find your favorite! Nearby shops also sell local beer, tasty sweets, and handmade souvenirs.

Minamioguni-machi, Aso-gun  
Water type: Sodium chloride, sulfate, etc.  
Alleviates: Nerve pain, muscle aches, joint pain, rheumatism, etc.



#### Kurokawa Onsen-Hopping Pass

This pass gets you into three different bathhouses for just ¥1,300. Available for purchase at the tourism office and hotels. The pass is good for up to six months.

Tel: 0967-44-0076  
(Kurokawa Onsen Ryokan Association)



## ◆ Manganji ◆

### ♨ A STEAMING RIVER?!

Hot spring waters bubble up through the riverbed, essentially making the whole river an onsen! It takes a little courage to go in, but you'll make quick friends with the locals!

Minamioguni-machi, Aso-gun  
Tel: 0967-42-1444 (Minamioguni Tourist Association)  
Water type: Simple hot spring  
Alleviates: Nerve pain, rheumatism, etc.



## ◆ Tanoharu ◆

### ♨ A REJUVENATING SPA TOWN

A healing spa town once visited by samurai to heal their wounds and relax. Located right next to the clear Tanoharu River, you can hear the relaxing sound of running water while you bathe.

Minamioguni-machi, Aso-gun  
Tel: 0967-42-1444  
(Minamioguni Tourist Association)  
Water type: Weak salt  
Alleviates: Joint pain, rheumatism, etc.



## ◆ Ota ◆

### ♨ QUAIN MOUNTAIN ONSEN

Situated far from civilization, the mountain onsen of Ota is famous for its silky waters that are good for the skin. The water contains metasilicic acid, which helps skin stay moisturized and healthy. The hotter temperatures also help metabolism!

Minamioguni-machi, Aso-gun  
Tel: 0967-42-1444 (Minamioguni Tourist Association)  
Water type: Sodium chloride, hydrogen carbonate, etc.  
Alleviates: Rheumatism, cold sensitivity, etc.

## ◆ Ubuyama ◆

### ♨ HIDDEN DEEP IN ASO

Naturally fed hot springs, deep in the wilderness of Aso. Stay for a night at a ryokan, or visit just for the day.

Ubuyama-mura, Aso-gun  
Tel: 0967-25-2211 (Ubuyama Village Office)  
Water type: Alkaline, hypotonic, simple salt, etc.  
Alleviates: Nerve pain, muscle aches, cold sensitivity, etc.



## ◆ Minamiaso ◆

### ♨ ALL THE BEST SPRINGS!

Long famed for its spas, Minamiaso is filled with a wide variety of bathhouses, some old, some new, and each with their own different water types, scenery, and atmosphere.

Minamiaso-mura, Aso-gun  
Tel: 0967-67-2226 (Minamiaso Onsen Ryokan Association)  
Water type: Simple spring, simple acidic sulfur, hydrogen carbonate, etc.  
Alleviates: Nerve pain, muscle aches, joint pain, rheumatism, skin conditions, etc.  
\*Check the website for hours

#### Useful Tourist Buses

##### OGUNI GURUTTO BUS

Oguni loop bus that runs from Yu-Station to Kurokawa, Shirakawa, Ota, and Manganji.

Tel: 0967-34-0211  
(Sanko Bus Aso Office)



Don't miss this spot when you visit Minamioguni!

#### ▲ Hirano Lookout

This spot offers spectacular views of Mt. Aso and Mt. Kuju. Experience nature with all five senses on a stroll along a nearby nature path.



#### ◀ Suzume Jigoku

A cold spring area where mild sulfuric acid gases seep through the ground.



WE LOVE ONSEN!



# SEE THE SEA OF CLOUDS...

## Uchinomaki



### ★ VISIT THE SEA OF CLOUDS!

Uchinomaki Onsen has long been famous with great Japanese writers, including Natsume Soseki and Tekkan and Akiko Yosano. Just a 20-minute drive from Daikanbo, so staying in Uchinomaki is ideal for making the early-morning trip to see the Sea of Clouds.

Tel: 0967-34-1600  
(Aso Information Center)  
Water type: Simple spring, sodium sulfate  
Alleviates: Nerve pain, muscle aches, rheumatism, fatigue



These stone statues may bring you luck!



A town bath!



Supposedly Natsume Soseki stayed here!



# A MORNING STROLL

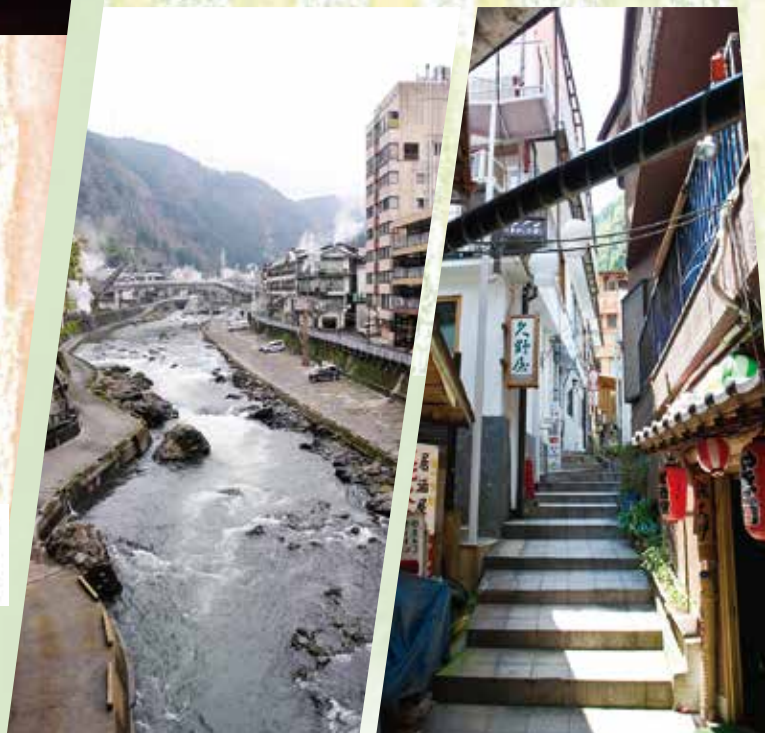
## Tsuetate



### ♥ EXPLORE RETRO ALLEYWAYS

Let one of Tsuetate Onsen's guides take you through the narrow, winding back alleys Tsuetate is famous for! Participants also receive a souvenir towel. After your tour, relax in one of our saunas and sweat your stress away!

Price: ¥500 \*Reservations required  
Tel: 0967-48-0206 (Tsuetate Onsen Tourism Association)  
Water type: Sodium chloride  
Alleviates: Skin conditions, nerve pain, muscle aches, cold sensitivity, fatigue, etc.



## Waita

# A TOWN OF STEAM



### ♥ LIKE A FANTASY MOVIE!

Waita Onsen Village actually consists of multiple smaller onsen: Hagenoyu, Takenoyu, Suzugatani, Jigokudani, Asozuru, and Yamakawa Onsens. Watch steam slowly rise against the majestic backdrop of Mt. Waita. The 24-hour onsen and coin-operated family baths are also fun to try!

Tel: 0967-48-5277 (Waita Onsen Association Office)  
Water type: Sodium chloride  
Alleviates: Bruises, contusions, rheumatism, nerve pain, etc.



Pay here!



Try the steamed chicken!



### TSUETATE-STYLE NEO SPA

Tsuetate is famous for its healing waters, especially its mushiyu mist sauna. We now offer a mushiyu Neo Spa plan for guests looking for a beautifying skin treatment.



## The Best of ASO

Aso's still got plenty of superior souvenirs you're sure to love!



Only 10 available each day!

### ASO TOMATO ROLL

Roll cake made with water, eggs, and tomatoes from Aso. Best when served chilled!

#### Aso Cafe SOSUI

Shirakawa 420-2, Minami-aso-mura, Aso-gun  
Hours: 10AM-5PM Closed: Wed  
Price: ¥800 (Aso Tomato Roll)  
Tel: 0967-62-1771

An after-onsen treat!

### YUAGARI BIJIN

Local beer that is perfect after a dip in a hot spring - a Kurokawa specialty.

#### Goto Liquor Shop

Manganji 6991-1, Minamioguni-machi, Aso-gun  
Hours: 8:40AM-10PM  
Closed: Occasionally  
Price: ¥544 (Yuagari Bijin)  
Tel: 0967-44-0027



### Minamioguni's local produce stop KIYORA KAASA FARMER'S MARKET

Featuring fresh maitake mushrooms and vegetables harvested in Minamioguni. The cafe offers tasty curry made with plenty of local maitake.

Akababa 1789-1, Minamioguni-machi, Aso-gun  
Hours: 9AM-6PM, 9AM-5PM (Dec to Feb)  
Closed: 12/31, 1/1  
Tel: 0967-42-1213



Spring water soda!

### ASOMON CIDER

Local cider soda made with Aso spring water. Comes in tasty plain and shiso flavors.

#### Aso - Okamoto

Uchinomaki 217, Aso-shi  
Hours: 8AM-8:30PM Open every day  
Price: ¥210 (Asomon Cider Plain)  
Tel: 0967-32-0035



Rich, carefully crafted flavor

### DOBUROKU SAKE

Doburoku (hazy sake) from Aso has a characteristic delicate sweetness. Made from carefully selected, local Aso ingredients.



Luxuriously rich and creamy

### JERSEY MILK & YOGURT

Delicious and healthy milk from Jersey cows raised on mineral-rich Aso water.



Deluxe wagyu burger

### ASO AKAUSHI BURGER

A hearty burger made with lean, healthy Akaushi beef. The juicy meat and fresh veggies are a perfect match!

#### Restaurant Rosso

Otohome 1768-1, Aso-shi  
Hours: 10AM-5PM  
Closed: Wed (or Thurs if holiday)  
Price: ¥540 (Aso Burger)  
Tel: 0967-23-6130



You can't miss this building!

### OGUNI YU-STATION

Offering products made from Oguni Jersey milk and Oguni pork. Also the perfect place to make a quick rest stop!

Oguni-machi 1754-17, Aso-gun  
Hours: 8:30AM-6PM  
8:30AM-5:30PM (Mid-Dec to end Jan)  
Open every day Tel: 0967-46-4111

Pudding jam?!

### OGUNI JERSEY PUDDING JAM

Custard cream-style jam made with lots of 100% Aso Oguni Jersey condensed milk. Excellent when spread on bread and toasted!

#### Piramitto Farmer's Market

Miyahara 2843-1, Oguni-machi, Aso-gun  
Tel: 0967-46-5558



Be sure to make a wish!

### FUKUZEN!

Collect stamps at Oguni Shrine, Ebisu at Kagamigaikae Pond, and Keyaki Fountainhead to receive a special charm that'll make your wish come true!

#### Exchange at: Marusan Kodama Liquor Store, Yumeya, Clip, Minpaku Keyaki Suigen

Miyahara, Oguni-machi, Aso-gun  
Tel: 0967-46-3621 (Oguni Chamber of Commerce)

# AMAKUSA 天草

Green islands dotting a sparkling sea under a brilliant blue sky.

With a compelling Christian history and foreign influence, Amakusa also boasts excellent seafood and friendly locals.





# EXOTIC ISLANDS INFLUENCED BY WESTERN CULTURE

Amakusa has a long history of Christian influence, and is home to many Christian buildings and artifacts. Dive into history while you travel!



 A church facing the calm sea

## SAKITSU CHURCH

This Gothic-style church built in the fishing village of Sakitsu is one of the only churches in the world with tatami flooring. Selected for consideration as a World Cultural Heritage Site.

Sakitsu 539, Kawaura-machi, Amakusa-shi  
Hours: 9AM-5PM (Sundays 9:30AM-)  
Open every day Price: Free  
Tel: 0969-22-2243 (Amakusa Treasure Island Tourism Association)



 A brilliant white church under a blue sky

## OE CHURCH

Romanesque church built in 1933 through cooperation between Frederic Louis Garnier and worshippers. One of few churches in Japan with religious art on display.

Oe 1782, Amakusa-machi, Amakusa-shi  
Open: 9AM-5PM (Sundays 11:30AM-)  
Closed: Mon (or next day if holiday) Price: Free  
Tel: 0969-22-2243 (Amakusa Treasure Island Tourism Association)

Churches are places of worship.  
Please be considerate.

## AMAKUSA SHIRO

Acted as commander at the young age of 16 and is now memorialized in numerous statues located throughout Amakusa.



## AMAKUSA SHIRO CHIKUWA

Amakusa Mura's famous grilled chikuwa. Made with local Amakusa sea bream paste, this chikuwa has a delicate sweetness and firm texture. Visit Amakusa Mura for fresh cooked chikuwa!  
3 for ¥648

**Amakusa Mura**  
Noboritate 910, Oyano-machi, Kamiyamakusa-shi  
Tel: 0964-56-5151

## SHIRO NO HATSUKOI

Figs were brought to Amakusa earlier than any other place in Japan by Portuguese priests. Amakusa Shiro may have been a fan of these fruits, and now they're available in soft Japanese-style sweets. 1 pack for ¥648. Fig jams and fig cookies are also available. S.PORT also features numerous other sweets for purchase.

**S.PORT**  
Saitsu-machi 2140-8, Amakusa-shi  
Tel: 0969-23-6827



 Learn the history of Amakusa Christians

## AMAKUSA CHRISTIAN MUSEUM

See weapons used in the Shimabara Rebellion and items owned by the Christians living in hiding in Amakusa.

Funenoo-machi 19-52, Amakusa-shi  
Hours: 8:30AM-6PM (last entry 5:30PM)  
Closed: 12/30-1/1  
Price: Adult ¥300, HS student ¥200, Elem & JHS ¥150 Tel: 0969-22-3845

Amakusa Shiro's camp flag is an Important Cultural Property. Bloodstains and bullet holes from the Rebellion still remain.



 Huge stone beam bridge

## GION BRIDGE

Battle site between Christians and the Shogunate. A National Important Cultural Property.

Funenoo-machi, Amakusa-shi (Machiyamaguchi River)  
Tel: 0969-23-1111  
(Amakusa-shi Tourism Promotion Association)

 Base for Christian missionaries

## SHOKAKUJI TEMPLE

Originally a church used by Christians but was destroyed as means of suppression. Rebuilt for Buddhist prayer after Shimabara Rebellion.

Kotsuura 3550, Ariake-machi, Amakusa-shi  
Tel: 0969-53-1111  
(Amakusa-shi Ariake Branch Community Building Section)



 An impregnable fortress

## TOMIOKA CASTLE

Hilltop castle made famous in the Shimabara Rebellion.

Tomioka Honmaru 2245-15, Reihoku-machi, Amakusa-gun  
Hours: 9AM-5PM (last entry 4:45PM)  
Closed: Wed (next day if holiday)  
Price: Free Tel: 0969-35-0170  
(Tomioka Visitor Center)

## GURUTTO COUPONS

Exchange tickets for services or products at various locations, or show coupons for discounts. Available at Amakusa Mura and L'isola Terrace Amakusa.

Price: 1 book (3 tickets) ¥500  
Tel: 052-589-0200 (Tourism Sales System)




 Kawaura's Window to the Western Past

## AMAKUSA COLÉGIO-KAN

"Colégio" refers to a "missionary school" in Portuguese. Check out the reproduction of Japan's first Gutenberg printing press!

Shiraki Kawachi 175-13, Kawaura-machi, Amakusa-shi  
Hours: 8:30AM-5PM (last entry 4:30PM) Closed: New Year's  
Price: Adult ¥200, HS student ¥150, Elem. & JHS ¥100  
Tel: 0969-76-0388



 A deeply held belief that survived

## AMAKUSA ROSARIO-KAN

Located near Oe Church, home to many items related to the Amakusa's hidden Christian past.

Oe 1749, Amakusa-machi, Amakusa-shi  
Hours: 8:30AM-5PM Closed: 12/30-1/1  
Price: Adult ¥300, HS students ¥200, Elem. & JHS ¥150  
Tel: 0969-42-5259



 History of the Christian Martyrs

## AMAKUSA SHIRO MEMORIAL HALL

Pictures and writings explaining Amakusa's Christian history.

Naka 977-1, Oyano-machi, Kamiyamakusa-shi  
Hours: 9AM-5PM (last entry 4:20PM)  
Closed: 12/29-1/1  
Price: Adult ¥600, JHS students and younger ¥300, young children are free Tel: 0964-56-5311



# EXPERIENCE ALL THE WONDERS THE OF THE SEA IN AMAKUSA!

There's tons to do on the 120 big and small islands that make up Amakusa.  
The seaside views are some of the best in all Japan! The fun awaits!

## Dolphin Watching Reservations/Inquiries

Amakusa Dolphin Information  
Tel: 0969-26-4500

♥ A 98% encounter rate!

## DOLPHIN WATCHING

The area around the warm waters of Tsujishima Island is inhabited year-round by a pod of 200 bottlenose dolphins. Boat tours offer an up-close look at these adorable and playful creatures.

Keep an eye out for  
signs in Reihoku  
and Itsuwa!

Celebrating  
50 years!

## AMAKUSA FIVE BRIDGES

The five bridges connecting the main islands of Amakusa celebrated 50 years of operation in September 2016. Each bridge has a totally unique style from the others!

## ★ OPPAI IWA

Meaning "boob rock," people come here for luck in breastfeeding! Only visible at low tide.

Sakasegawa, Reihoku-machi,  
Amakusa-gun  
Tel: 0969-35-1111  
(Reihoku-machi Commerce  
& Tourism Section)

## ★ SUNSET ON THE WEST COAST

Stunning views of the sea tinted brilliant orange as the sun goes down.

♥ Resort with fresh sea breezes

## L'ISOLA TERRACE AMAKUSA

An open layout overlooking the port, offering ocean views, shops, eateries, and more!

Kitamaejima 6215-16, Aitsu,  
Matsushima-machi, Kamiamakusa-shi  
Hours: 9AM-5PM (depending on season)  
Open every day  
Tel: 0969-56-3450



♥ Board at L'isola Terrace!

## SEA CRUISE

Aitsu 6215-22, Matsushima-machi,  
Kamiamakusa-shi  
Hours: 8:30AM-5:30PM  
Departs: 10AM, 1PM, 3PM  
Closed: Occasionally  
Tel: 0969-56-2458 (Sea Cruise)  
• Dolphin Watching  
• Sunset Cruise  
• Amakusa Five Bridges Cruise

♥ See Amakusa from the Sea!

## CRUISING

Navigate the many islands of Amakusa via deluxe cruiser.

Tel: 0969-22-2243  
(Amakusa Treasure Island  
Tourism Association)  
• Goshoura Cruise  
• Amakusa West Coast Cruise  
• Sakitsu Tour and Sea Maria Statue  
Cruise

Check out the  
Night Aquarium!



♥ Coral and tropical fish!

## USHIBUKA MARINE PARK

Ride a glass-bottom boat to see beautiful coral lining the seabed.

### Blue Marine Service

Ushibuka-machi 2286, Amakusa-shi  
Hours: 9AM-5PM Closed: Tues (open on holidays)  
Departs: 9:30AM, 11:10AM, 1PM, 2:30PM, 4PM  
(5 departures per day)  
4PM departure starts in Feb  
Total time: 80 min Tel: 0969-73-1173

♥ A floating aquarium!

## SEA-DONUT

Donut-shaped aquarium featuring fish from Amakusa and around the world.

Aitsu 6225-7, Matsushima-machi,  
Kamiamakusa-shi  
Hours: 9AM-5PM, 9AM-4PM (11/1-3/19)  
Open every day  
Tel: 0969-56-2570

♥ Make your own treasure

## REIHOKU PEARLS

Search for your own pearl in a real oyster and make your own original necklace. \*Reservations required 3 days in advance

Pearl Reihoku  
Sakasegawa 744-15, Reihoku-machi,  
Amakusa-gun  
Hours: 9:30AM-4:30PM  
Tel: 0969-37-0836



♥ 100 million years of history!

## AMAKUSA GEOPARK

Go hunting for real fossils at our fossil bed on Goshoura, a certified Japan Geopark!

### Goshoura Cretaceous Museum

Goshoura 4310-5, Goshoura-machi,  
Amakusa-shi  
Hours: 8:30AM-5PM (last entry: 4:30PM)  
Closed: Mon (next day if holiday), 12/29-1/3  
Price: Adults ¥200, HS students ¥150, Elem. &  
JHS students ¥100 \*Free hammer rentals  
Tel: 0969-67-2325



# DELICIOUS AMAKUSA CUISINE, BORN OF THE SUN AND THE SEA

Amakusa isn't just fresh seafood - there's plenty of vegetables grown in the sunny mountains and famous local products. Get your fill!



## **Famous Amakusa crab** **WATARIGANI HEAVEN**

Try boiled crab, grilled crab, crab salad, crab rice, and crab soup! There's so much to choose from! Courses start at ¥4,500 per person.

### **Kouraya**

Himeura 3043-12, Himedo-machi,  
Kamiamakusa-shi  
Hours: 11:30AM-3PM, 5:30PM-10PM  
Closed: 2nd & 4th Mon  
Tel: 0969-58-3111



## **Lots of uni for cheap!** **BUKKAKE UNI-DON**

Uni (sea urchin) is available year-round in Amakusa. The Bukkake Uni-don features rice steamed with uni, then topped with even more fresh uni. Comes with sashimi and sides for only ¥2,160!

### **Maruken Fishery**

Futae 4662-5, Itsuwa-machi, Amakusa-shi  
Hours: 8:30AM-5PM (dining 11AM-4PM)  
Closed: Occasionally Tel: 0969-33-1131



## **Topped w/ plenty of local tuna!** **MAGURO-DON**

Rice bowl topped with exquisite tuna raised in the seas of Shinwa-machi. The soft, savory cuts of tuna melt in your mouth. Reservations required.

### **Ryokan Hamaya**

Otao 2406-1, Shinwa-machi, Amakusa-shi Tel: 0969-46-2305



## **SEAFOOD VS MEAT** **KAMIAMAKUSA'S GOT BOTH!**

Whether you want kuruma shrimp or blowfish, or Amakusa Daio chicken and Bainiku pork, Amakusa has you covered!

Until March 31st (Friday)  
Tel: 0964-56-5602 (Amakusa Shiro Tourism Association)



### **Tenshin**

Noboritate 1216-6, Oyano-machi  
Tel: 0964-56-0656

### **Sunpearl**

Naka 11582-24, Oyano-machi  
Tel: 0964-58-5600

### **Spa Thalasso Amakusa**

Kami 732-14, Oyano-machi  
Tel: 0964-56-1126

### **Kaisei**

Kami 6494, Oyano-machi  
Tel: 0964-56-0348

### **Suiten**

Naka 2524, Oyano-machi  
Tel: 0964-56-0098

### **Kaisai**

Naka 2899, Oyano-machi  
Tel: 0964-56-0514

### **Mankai**

Naka 4302-1, Oyano-machi  
Tel: 0964-57-1778

### **Hamankura**

Naka 4416-13, Oyano-machi  
Tel: 0964-59-0777

### **L'isola Terrace Amakusa**

Kitamaejima 6215-16, Aitsu, Matsushima-machi  
Tel: 0969-56-3450

## **Quality local products**

### **AMAKUSA KINSEI**

A selection of the finest products carefully crafted from Amakusa-origin ingredients. Screenings are held yearly, and only the best products are chosen for this distinction. These items make perfect souvenirs for your trip!

### **SUGI YOKAN**



Famous sweet from Sakitsu with origins in the kingdom of Ryukyu. Simply flavored, with a slight aroma of cedar.

### **Haiya**

Sakitsu 454, Kawaura-machi, Amakusa-shi  
Tel: 0969-79-0858

### **TAKOMESHI GOO!**



Make octopus rice easily at home with this mix, just stir into freshly steamed rice! Available at Ariake Roadside Station and other locations.

### **Ripple Land Ariake Roadside Station**

Kotsuura 1955, Ariake-machi, Amakusa-shi  
Tel: 0969-53-1565



## **Traditional Amakusa dago-jiru**

### **SEN DAGO-JIRU**

Hearty potato dumpling soup with vegetables and seafood, from a recipe supposedly brought over by missionaries.

### **Yamatoya Saryo**

Sakae-machi 5-18, Amakusa-shi  
Hours: 11:30AM-3PM  
5PM-10PM (last order: 9:30PM)  
Closed: 1/1 Price: ¥880  
Tel: 0969-23-5431

## **Simple local specialties**

### **AMAKUSA GOURMET**

No-frills foods made with seasonal ingredients, using the same traditional methods as long ago.

Tel: 0969-23-1111  
(Amakusa-shi Tourism Promotion Section)

### **Gane-age**

Fried sweet potato flavored with ginger. Supposedly looks like a crab ("gane" in Amakusa dialect).



### **Dried Octopus Rice**

Dried octopus is packed with mouthwatering umami!



### **Koppa-mochi**

Special mochi made from sweet potatoes and mochi rice. Lightly toast it for a tasty, traditional treat.



### **Tai Chazuke**

Fresh tai is good as sashimi, but also is excellent lightly cooked!



Amakusa's not just fish!

## **AMAKUSA BAINIKU PORK**

A very delicately flavored, lean brand of pork that goes great when fried with curry.



### **Ripple Land Ariake Roadside Station**

Kotsuura 1955, Ariake-machi, Amakusa-shi  
Tel: 0969-53-1565

### **Sunpearl Kamiamakusa Roadside Station**

Naka 11582-24, Oyano-machi, Kamiamakusa-shi  
Tel: 0964-58-5600



### **Amakusa Daio Sashimi**



## **AMAKUSA DAIO**

The chicken that went extinct almost 100 years ago is back! Firm, with savory sweetness, we recommend the sashimi!

### **Torizou**

Minamoto-machi 5-15, Amakusa-shi  
Hours: 5PM-12AM  
Closed: Mon  
Tel: 0969-22-7088





## The Best of AMAKUSA

From traditional crafts to modern foods, Amakusa has plenty to choose from!



### Amakusa local cider AMAKUSA SANTA CIDER

Fruity cider soda made with local Amakusa "Mrs. Santa" strawberries. Available at farmer's markets and roadside stations in Amakusa. ¥250

Tel: 0969-22-2243  
(Amakusa Treasure Island Tourism Association)

### Portuguese ceramics

#### AMAKUSA AZULEJO

Tiles made from Amakusa stone that are decorated with beautiful illustrations. You can also try painting your own!

#### Uchidasarayama-yaki Pottery

Uchida 554-1, Reihoku-machi, Amakusa-gun  
Closed: 12/29-1/1  
Hours: 8AM-5PM, 9:30AM-5PM (Sat, Sun, holidays)  
Price: Make-your-own ¥620~ Tel: 0969-35-0222



### For long-lasting happiness

#### AMAKUSA ROLL

Amakusa's famous roll cake comes in salted caramel, matcha cinnamon, and other flavors!

#### Pumpkin Cake Shop

Aitsu 7914-27, Matsushima-machi, Kamiyamakusa-shi  
Hours: 9AM-7PM Closed: Wed  
Price: starting at ¥1,620  
Tel: 0969-56-2505

### Uniquely named kamaboko BAKUDAN (BOMB)

This kamaboko is made from an entire egg wrapped in fish paste and fried. Available at kamaboko shops and supermarkets throughout Amakusa.

Tel: 0969-22-2243  
(Amakusa Treasure Island Tourism Association)



### Relax by the sea

#### SPA THALASSO AMAKUSA

Try our beautifying natural hot springs, or our relaxing Thalasso Therapy. Don't forget to try our lightly salted soft-serve ice cream!

Kami 732-14, Oyano-machi, Kamiyamakusa-shi  
Hours: Onsen 10AM-10PM (last entry 9:30PM)  
Pool 10AM-10PM (last entry 9PM)  
Closed: 2nd & 4th Tue (open if holiday)  
Tel: 0964-56-1126



### Surprisingly tasty! JUMBO TAKOYAKI

These huge takoyaki, 7cm in diameter, come from Japan's #1 octopus town. Choose from three different flavors!

#### Ripple Land Ariake Roadside Station

Kotsuura 1955, Ariake-machi, Amakusa-shi  
Hours: 9AM-6PM  
Open every day  
Tel: 0969-53-1565



### Creamy uni croquettes

#### UNI CROQUETTES

Piping-hot croquettes filled with fresh seasonal sea urchin. Try some with uni sauce, ¥260 each. Take-out OK.

#### Maruken Fishery

Futae 4662-5, Itsuwa-machi, Amakusa-shi  
Hours: 9AM-5PM  
Restaurant 11AM-5PM (last order 4PM)  
Closed: Occasionally Tel: 0969-33-1131



# CENTRAL 県央

Kumamoto Castle stands as a symbol of history and tradition. Experience the old stone architecture and traditional crafts that have been handed down from the time of the old lords of the domain.





# KUMAMOTO CASTLE: MAJESTIC SURVIVOR OF 400 YEARS OF TURBULENT TIMES

*The protector of Kumamoto City for centuries, Kumamoto Castle stands as a symbol of the somber stateliness of samurai culture.*

## The city's silent guardian KUMAMOTO CASTLE

Constructed 400 years ago by Kato Kiyomasa using the latest techniques and skills, Kumamoto Castle is still the main symbol of Kumamoto. Its defining feature is its sweeping "mushagaeshi" stone walls that gradually grow steeper the higher up they go in order to repel invaders.

Welcome to  
Kumamoto!

### Kumamoto Castle Bushotai

Get your picture taken with historical samurai.

©熊本城おもてなし武将隊



Check out the castle  
when it's all lit up!

### Uto Turret: Evidence of Kato Kiyomasa's Architectural Skill

The Uto Turret, one of the few original parts of the castle remaining, was nearly unscathed by the Kumamoto Earthquake. Kato Shrine offers an excellent view.



### Spring-fed, traditional Japanese garden

## SUIZENJI PARK

Centered on a spring-fed pond, Suizenji Park features reproductions of famous landscapes from throughout Japan.

Suizenjikoen 8-1, Chuo-ku, Kumamoto-shi  
Hours: 7:30AM-6PM (Mar-Oct)  
8:30AM-5PM (Nov-Feb)

\*Last entry 30 min before closing  
Open every day Tel: 096-383-0074  
Price: Adult ¥400, Elem./JHS ¥200



### Kokindenju-no-Ma

Originally located in Kyoto and used by Prince Toshihito, this traditional building was given to the Hosokawa family of Kumamoto in 1871 and relocated in its entirety to Suizenji Park in 1912. Enjoy a wonderful view of the park while enjoying green tea and a sweet (starting at ¥550).

**Kokindenju-no-Ma Kobai**  
Tel: 096-381-8008

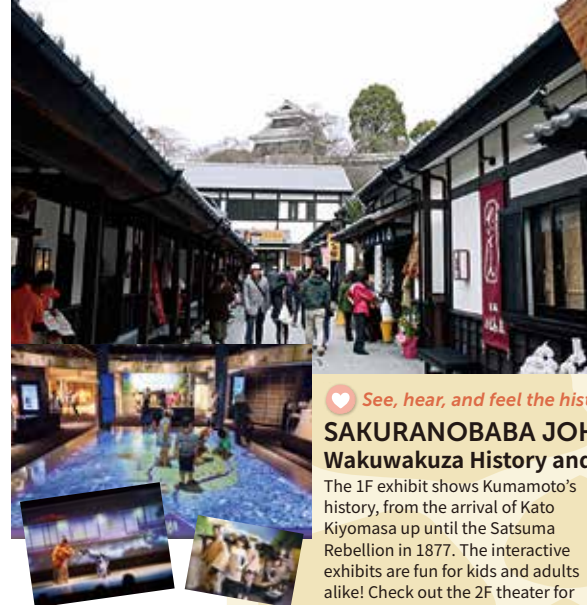


### Must-see for Musashi fans!

## REIGANDO

Miyamoto Musashi spent his final years in Kumamoto, and penned The Book of Five Rings in this cave.

Hirayama 589 (in Unganzen Temple), Matsuo-machi, Nishi-ku, Kumamoto-shi  
Tel: 096-329-8854 (Unganzen Temple)  
Price: Adults ¥200, Kids ¥100



### The place for Kumamoto cuisine!

## SAKURANOBABA JOHSAIEN

### Kumamoto Castle Town Shops

Located right next to Kumamoto Castle, visit here for all kinds of local specialties and Kuma Shochu, plus plenty of one-of-a-kind Kumamoto souvenirs!

Ninomaru 1-1-2, Chuo-ku, Kumamoto-shi  
Hours: Shops 9AM-7PM

9AM-6PM (Dec-Feb)  
Food 11AM-10PM  
(last order time depends on shop)  
\*Times subject to change  
Tel: 096-288-5577

Some items  
are Johsaien  
exclusives!

### See, hear, and feel the history of Kumamoto!

As seen on TV!

## SAKURANOBABA JOHSAIEN Wakuwakuza History and Culture Experience

The 1F exhibit shows Kumamoto's history, from the arrival of Kato Kiyomasa up until the Satsuma Rebellion in 1877. The interactive exhibits are fun for kids and adults alike! Check out the 2F theater for entertaining shows about the history of Kumamoto!

Ninomaru 1-1-1, Chuo-ku, Kumamoto-shi  
Hours: 9AM-5:30PM  
\*Last entry 30 min before closing  
Closed: 12/30-31  
Price: Adult ¥300, Elem. & JHS students ¥100  
(Castle & Wakuwakuza combo ticket: Adult ¥600, Elem. & JHS students ¥200)  
Tel: 096-288-5600

### SHIROMEGURIN CASTLE LOOP BUS

Convenient sightseeing bus that departs every 20-30 minutes from Kumamoto Station. The bus loops around popular spots near Kumamoto Castle.

Price: Adult ¥150, Kids ¥80  
(One-day pass: Adult ¥400, Kids ¥200)  
Tel: 096-312-5077  
(Kumamoto City Bus Motoyama Office)



### ELECTRIC BICYCLE RENTALS

What better way to tour Kumamoto than by bicycle? Go places cars can't and explore Kumamoto at your own pace!

Price: Under 2hr ¥500, Under 4hr ¥1000, Over 4hr ¥1500 \*40% for JR passengers  
Tel: 096-352-4313  
(Station Rentacar Kyushu, Kumamoto Office)  
\*Available from 9AM-5PM, must be returned by 5PM



### TRAM & BUS DAY PASS

Single day pass to ride buses, trams, and trains within designated area as many times as you wish! Available at Kumamoto Station, and also includes a discount to Kumamoto Castle entrance with purchase!

Price: Starting at ¥700

Wakuwaku  
1 Day Pass



Tram Day Pass



### TRAM DAY PASS

Day pass to ride the Kumamoto City Tram. Perfect for sightseeing, the tram runs all the way from Kumamoto Station, past the Castle, and right to Suizenji Park. Keep an eye out for the special COCORO tram, designed to look like the walls of Kumamoto Castle!

Price: Adult ¥500, Kids ¥250



# The Best of CENTRAL



Soak away your troubles and tiredness in our natural hot springs. How about something to remember your trip by as well? Maybe a carefully crafted piece of art, or something to satisfy your sweet tooth.

## Kumamoto's hidden resort

### UEKI ONSEN

Ueki is famous for its abundant hot springs. The best ones have silky water that helps keep your skin moist and happy.

Tel: 096-274-6830  
(Ueki Onsen Tourism Ryokan Association)  
Water type: alkaline simple spring, simple sulfur spring  
Alleviates: nerve pain, rheumatism, etc.



## Finally open in Kumamoto City

### SUIKA-NO-SATO UEKI

Kumamoto City finally has a roadside station! Featuring local farm products, foods, and tourism info, plus the watermelon gelato is super-tasty!

Iwano 160-1, Ueki-machi, Kita-ku,  
Kumamoto-shi  
Hours: 9AM-6:30PM  
Closed: 3rd Thu  
Tel: 096-272-2333



## Try both Red and White Baths

### MIYABARU ONSEN

Quiet onsen very close to Kumamoto City. Try the iron-rich Red Bath, or try the alkaline simple spring White Bath.

**Chomeikan - Miyabaru Onsen**  
Miyabaru 292, Ueki-machi, Kita-ku,  
Kumamoto-shi  
Hours: 7AM-10PM  
Open every day Price: ¥400  
Tel: 096-274-7777



## Hot springs with personality

### NAMIKI ONSEN VILLAGE

Namiki Onsen village consists of rental baths along the Koshi River. Relax and unwind in your own private steaming tub!

Water type: Sodium hydrocarbonate spring  
Alleviates: nerve pain, muscle aches, joint pain, etc.



**WORLD HERITAGE**

## Japan's first modern port

### MISUMI WEST PORT

Finished in 1887, Misumi West Port was the first modern, Western-style port in Japan. In addition to the beautifully constructed stone wharf, the retro customs building and courthouse make you feel like you slipped back in time.

## MISUMI WEST PORT GUIDES

Guides are available to explain all the history behind Misumi West Port.  
Price: ¥2000 (¥1,500 if under 10 people)  
\*Reservations required 10 days in advance  
Tel: 0964-53-0010  
(Uki-shi Tourism Association, JR Misumi Station Tourism Information Office)



## Centuries-old country culture

### SEIWA BUNRAKU

A living craft of Yamato that was originally a form of prayer for a bountiful harvest. The dolls used in Seiwa Bunraku are larger than other bunraku dolls. Watch as the skilled puppeteers bring these dolls to life.

#### Seiwa Bunraku-kan

Ohira 152, Yamato-machi, Kamimashiki-gun  
Hours: 9AM-5PM Closed: Tue, New Year's  
Price (Museum): HS and older ¥500, Elem and JHS ¥300, younger kids are free  
Price (Performance): HS and older ¥1500, Elem and JHS ¥900, younger kids ¥700



## Try some of Kumamoto's best!

### KUMAMON SQUARE

This is the base of operations for Kumamon, Kumamoto's famous mascot. Fans of Kumamon should stop by here and stock up on all kinds of Kumamon souvenirs!

Tetoria Kumamon Bldg. 1F, Tetorihoncho 8-2, Chuoh-ku,  
Kumamoto-shi  
Hours: 10AM-7PM  
Tel: 096-327-9066

## Make your own!

### KUMAMOTO HANDICRAFTS PROMOTION CENTER

Traditional crafts like Kawashiri knives and wooden buckets are available to buy, and you can also try making your own craft.

Kawashiri 1-3-58, Minami-ku, Kumamoto-shi  
Hours: 9AM-5PM Closed: Mon, New Year's  
Tel: 096-358-5711



## Local dish that's a popular school lunch

### TAIPIEN

Taipien was developed in Kumamoto in the mid-1800's, and consists of chicken broth with thick harusame noodles, plenty of veggies, and shrimp! All that, and it's still healthy enough to be a staple for school lunch.



## The thicker the better!

### KUMAMOTO RAMEN

Stiff noodles in a rich, creamy soup with plenty of fried garlic chips is how we do ramen in Kumamoto.

Available all over Kumamoto



## FOREST ADVENTURE MISATO

An outdoor park built around a forest. Features 40 different activities, including a 13-meter plunge on the Minomushi Chute, or a 500-meter zip slide over a dam lake.

Uneno 3083-1, Misato-machi  
(next to Misato-machi Garden Place) Tel: 080-8387-3310



# KUMAMOTO EVENTS

There's always something happening in Kumamoto! Visit one of these exciting festivals for a taste of traditional Japanese culture.



August 15th & 16th

## ★ YAMAGA LANTERN FESTIVAL

A thousand women dance through the streets with golden paper lanterns perched atop their heads. The floating lights and traditional music make for a truly mesmerizing experience.



Yamaga Buzen Kaido, etc.  
Phone: 0968-43-2952  
(Yamaga Onsen Tourism Association)



3rd Sat & Sun of April (+Fri Evening)

## ★ USHIBUKA HAIYA MATSURI

The Ushibuka Haiya started centuries ago as a song to entertain sailors as they waited for favorable weather. The festival features scores of women dancing along with the music through downtown Ushibuka.

Throughout downtown Ushibuka in Amakusa  
Phone: 0969-73-2111  
(Amakusa Ushibuka Branch Industry Promotion Division)



1st Sunday of each month  
from April to Nov (excl. Oct)

## ★ NAKAE KAGURA

Nakae Kagura is a traditional style of entertainment dating back 270 years. Performances are held on the first Sunday of each month from April to Nov, and admission is free. The Kagura Festival is held on the first Sat and Sun of October, where as many as 10 groups perform Kagura at the Namino Roadside Station.

Nakae Kagura Hall, Nakae, Oaza, Namino, Aso  
Phone: 0967-22-3174 (Aso Tourism Section)

Nov 23rd

## ★ YATSUSHIRO MYOKENSAI

Yatsushiro's main autumn event, the Myokensai Festival, has been around for about 380 years. Registered as a UNESCO Intangible Cultural Heritage in 2016, the parade of ornate floats is a must-see.

Yatsushiro City  
Phone: 070-5819-8246  
(Yatsushiro Culture Promotion Division in charge of Yatsushiro Myokensai Preservation Office)



Feb 1st to Mid-March

## ★ HINAMATSURI IN HITOYOSHI-KUMA

The Hitoyoshi-Kuma region, located in southern Kumamoto Prefecture, has been recognized as a Japan Cultural Heritage Site. During Hinamatsuri, doll displays are exhibited at over 100 different locations.

Throughout Hitoyoshi-Kuma region  
Phone: 0966-22-2411  
(Hitoyoshi Tourism Office)



# NORTH 県北

Kumamoto's top rice-producing area is along the Kikuchi River. The area features a lot of sweets and gourmet items made with rice flour. How about a healthy trip of low calorie delicacies and hot springs?







# VISIT THE HISTORICAL NORTH SIDE OF KUMAMOTO

Check out the history, hot springs, gourmet, and workshops located along this old trade route area. Slip into a hot onsen and connect with the history of Japan.

## Yamaga

### Memories of an older Japan

#### YACHIYOZA

Built in 1910 by a group of local businessmen, Yachiyoza has been operating as a traditional theater for over 100 years. Theater is currently recognized as a National Important Cultural Property.

Yamaga 1499, Yamaga-shi  
Hours: 9AM-6PM (last entry 5:30PM)  
Closed: 2nd Wed, 12/29-1/1  
Price: Adult ¥520,  
Elem. & JHS students ¥260  
Tel: 0968-44-4004



#### Yamaga Lanterns

Crafted entirely out of paper, Yamaga lanterns are worn on the heads of hundreds of dancers during the Lantern Festival.

### YAMAGA ONSEN

Water type: Alkaline simple spring  
Alleviates: Nerve pain, muscle aches, etc.  
Tel: 0968-43-2952  
(Yamaga Onsen Tourism Association)



#### Yamaga Yakushima Curry

Hearty horsemeat curry with plenty of vegetables and collagen.



### BUNZEN KAIDO TOUR

Take a tour through a town made rich through rice farming and visit old workshops and factories, including a sake brewer and miso shop.

#### Komekome Somon Tour

Shimomachi, Yamaga-shi Closed: Wed, New Year's  
Price: ¥500 \*Reservations required  
Tel: 0968-43-2952  
(Yamaga Onsen Tourism Association)

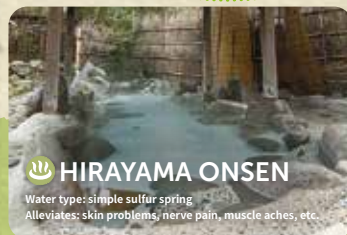


#### Kutami Shibu Uchiwa

Traditionally made paper fans that age particularly well over time. Starting at ¥1000. Tours available.

#### Kurikawa Shoten

Kutami 1648-1, Kamoto-machi, Yamaga-shi  
Hours: 8:30AM-5:30PM  
Closed: Sun, holidays (& Sat Jan-Mar)  
Tel: 0968-46-2051



### HIRAYAMA ONSEN

Water type: simple sulfur spring  
Alleviates: skin problems, nerve pain, muscle aches, etc.



#### Ikinari Dango

Tasty rice cakes with sweet potato and sweet bean paste inside.

Tel: 0968-43-4870  
(Hirayama Yunosato-ichi)

### Mizube Plaza Kamoto

All-you-can-eat buffet featuring healthy home-cooking made with local Kamoto ingredients.

Kajiya 1257, Kamoto-machi, Yamaga-shi  
Tel: 0968-46-1126



### Kikuchi Castle

Ruins of an ancient castle built in the 7th century. Visit the reconstructed 8-sided Koro Tower.



## Kikuchi

### STATUE OF TAKEMITSU KIKUCHI

Dynamic statue of the 15th leader of Kikuchi Clan. Try dressing up like a samurai!



### Breathe the fresh mountain air!

#### KIKUCHI GORGE

This spot is located outside the Aso caldera and is popular as a place to cool off in the summer and for the colorful leaves in the fall.

Kikuchi Gorge  
Tel: 0968-25-0513  
(Kikuchi Tourism Association)  
Price: High school and up ¥100  
(preservation donation)



### Skin-moisturizing spa

#### KIKUCHI ONSEN

Warm your body to the core in the free-flowing, natural hot springs of Kikuchi.

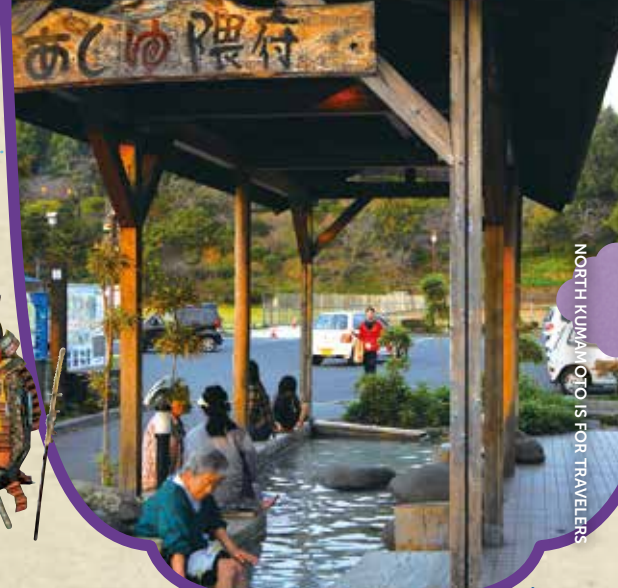
#### Onsen Pass



We'll show you round the old town!

### Kikuchi Volunteer Guides

Waifu 1273-1, Kikuchi-shi (Kikuchi Dream Museum of Art)  
Price: ¥1,000/hour/guide (history tour)  
\*Reservations required  
Tel: 0968-25-0513 (Kikuchi Tourism Association)



### A town with a warrior spirit

Under the Kikuchi Clan, Kikuchi has thrived for 450 years, with its bountiful hot springs, vibrant samurai culture, and numerous historical sites. If you're feeling up to it, a visit to the ancient Kikuchi Castle is definitely worth the trip.

Tel: 0968-25-0513 (Kikuchi Tourism Association)



### Kikuchi Sightseeing Farmer's Market

Farmer's market featuring plenty of local Kikuchi goods. Try out the foot hot spring right out front.

Waifu 1273-1, Kikuchi-shi  
Hours: 8:30AM-6PM (5:30PM Dec-Feb)  
Sun AM market; 7AM-12PM Closed  
12/31, 1/1 Tel: 0968-25-5477



### Rickshaws

See downtown Kikuchi via a rickshaw pulled by a young local guide.

Hours: 10AM-6PM  
Price: ¥3,000/rickshaw (1 hour)  
\*Reservations required  
(Sharaku - Kikuchi Rickshaws)

### Waifu Sweets

A variety of traditional sweets, like Matsukaze and Yubeshi.

Throughout Waifu, Kikuchi-shi  
Tel: 0968-25-0513 (Kikuchi Tourism Association)

### Cake Workshop

Try your hand at making some traditional Japanese sweets and take them home with you!

#### Koshi Seika

Waifu 1299, Kikuchi-shi  
Hours: Workshop 10AM-3PM  
Closed: Occasionally, 1/1 Tel: 0968-25-2214





# Tamana

## A 1300-year history

Formerly called Ryuganji Onsen, Tamana has been healing visitors for centuries. Was also the base for Takase Rice, which had great influence over rice prices in Japan, and the influence is still present in downtown Tamana. Tel: 0968-72-5313 (Tamana Tourism)



**OAMA ONSEN**  
Famous for appearing in Natsume Soseki's Kusamakura, Soseki fans visit from all over.

**Tensui Kusamakura Onsen**  
Oama 511-1, Tensui-machi, Amakusa-shi  
Hours: 10AM-9PM Closed: Occasionally  
Price: HS students and up ¥500, Ages 4 and up ¥200  
Tel: 0968-82-4500  
Water type: Alkaline simple spring  
Alleviates: Nerve pain, muscle aches, joint pain

# Arao

## WORLD HERITAGE

## HOME OF THE MANDA COAL MINE

Lying on the border with Fukuoka Prefecture, Arao is home to the Manda Coal Mine World Heritage Site, renowned shodaiyaki pottery, jumbo pear picking, hot springs, and plenty more to see and experience!  
Tel: 0968-57-9155 (Arao Tourism Association)



**Manda Coal Mine Station**  
Museum exhibiting a variety of precious items related to the Manda Coal Mine. Mine tours start here.  
Tel: 0968-57-9155

## FURUSATO CENTER Y-BOX

Yokoshima is famous for its strawberries, and the fruity ice cream is a visitor favorite. Pick-your-own season starts in December.

Yokoshima 1716, Yokoshima-machi, Tamana-shi  
Hours: 9AM-6PM Closed: New Year's  
Tel: 0968-84-3700



Rest your legs at a foot spa



## TAMANA ONSEN

Crystal clear waters will keep you toasty warm long after your bath. Take a stroll through town in your yukata, too!  
Tel: 0968-74-2961  
(Tamana Onsen Tourism Ryokan Association)  
Water type: Simple spring  
Alleviates: Nerve pain, muscle aches

## Takaseuragawa & Shichitenjin

Join this tour to have a local volunteer guide introduce you to sights around Tamana, including the Takase Megane Bridge. Make reservations at the Tamana Tourism Association.



## 8-God Tour

Pray for health for the gods of eyes, warts, stomach, waist, teeth, life, ears, and feet.  
Mikawa Area, Nagomi-machi, Tamana-gun  
Tel: 0968-34-3111 (Nagomi Mikawa General Office)



## Rengein Temple

Features an enormous gate housing statues modelled after sumo yokozunas.  
Tsuiji 2288  
Tel: 0968-72-3300  
(Rengein, Tanjoji)



## World's Largest Temple Bell

Supposedly audible all the way across the Ariake Sea!  
Tel: 0968-74-3533  
(Rengein, Tanjoji, Okunoin)



## Tamana Ramen

Supposedly the origin of Kumamoto Ramen, characterized by rich pork broth and fried garlic!  
Tel: 0968-82-5020  
(Tamana Ramen Council)

## Yakuso Gourmet

Pasta and sweets made with local yakuso (medicinal herbs)!

## Tanpópó Yakuso Dining

Ryohazama 308, Tamana-shi (inside Tamalala)  
Hours: 10AM-6PM  
Open every day  
Tel: 0968-57-9663 (Tamalala)



## Etafunayama Tomb

Large keyhole-shaped tomb where silver-inlaid swords and beautiful ornaments were found.  
Eta, Nagomi-machi, Tamana-gun  
Tel: 0968-86-5725 (Nagomi Town Office Commerce & Tourism Section)



## Nankan Local Buffet

100 different items, including the local specialty Nankan Age Sushi tofu wrap rolls!  
**Nankan Ikiiki-mura Farmer's Market Center**  
Sekimachi 419-1, Nankan-machi, Tamana-gun  
Hours: 11AM-3PM  
Closed: New Year's, Golden Week, Obon  
Price: Adult ¥1550, Elem. ¥1030, Child ¥830  
Tel: 0968-53-0388



## Ukarakan

Just 3 min by car from Nankan ICI! Relax in outdoor baths, huge bathing areas, and private baths!  
Sekimachi 1230, Nankan-machi, Tamana-gun  
Hours: 10AM-9:30PM (last entry 9PM)  
Closed: 1st Tue (or next Tue if holiday, sometimes 3rd Wed)  
Price: HS student and up ¥400, JHS student ¥200, Elem. ¥150  
Tel: 0968-69-6200



## Yayoi Spring - Natural Greenland Onsen

Close to Greenland, stop by after a day of fun at the park and relax in one of 15 different baths!  
Hase 1518-3, Shimoido, Arao-shi  
Hours: 10AM-10PM  
Open every day  
Price: Adult ¥600, Child ¥300  
Tel: 0968-66-2000



## Shodaiyaki

Born from quality clay, this style is said to have been started by the Hosokawa clan.  
Tel: 0968-68-1623  
(Shodaiyaki Kamamoto no Kai)



## Miyazaki Brothers Museum

Supposedly where Sun Yat-Sen hid out while exiled, features exhibits on the Miyazaki Brothers.  
Arao 949-1, Arao-shi  
Hours: 9:30-5PM  
(Museum: 9:30-4:30PM)  
Closed: Mon (or next day if holiday), New Year's  
Price: HS student or older ¥210, Elem. & JHS ¥100  
Tel: 0968-63-2595



## Nankan Shukubamachi Denrakunin

Offering guide services to Nankan Teahouse Site and others in the area. Enjoy some tea during the tour.  
Hours: 9:30AM-4:30PM  
Closed: Tue  
Price: HS student or older ¥200, Elem. & JHS ¥100  
Tel: 0968-53-0859



We can't wait to meet you!



# THE KIKUCHI RIVER MAKES EXCELLENT RICE!

One of the top rice-producers for centuries, the pure waters of the Kikuchi River make for delicious rice. Try a rice flour cake or bread as well!

This is all rice!



!! You'll keep coming back for more  
**Fried Mozuku Rice Udon**



Lightly fried mozuku seaweed from Amami Oshima on top of udon noodles made from rice from Shichijo.

## Shichijo Onsen Dome

Hayashibaru 962-1, Shichijo-machi, Kikuchi-shi  
Hours: 10AM-9PM  
Open every day Price: ¥500 (rice udon)  
Tel: 0968-26-4800

!! Melts in your mouth!  
**Cle Riz Roll Cake**



Fluffy sponge cake made from Kumamoto rice flour with a rich cream cheese filling. An authentic Tamana Brand Product.

## L'or Pur Deuxieme

Ikura Minamikata 997-2, Tamana-shi  
Hours: 9:30AM-8PM. Closed: Mon  
Price: 1 roll ¥1,296 (Cle Riz Roll Cake)  
Tel: 0968-72-8341

Q Why's the rice so good?  
and... A

It starts with the water, which comes from the Kikuchi River, one of the best sources of clean water in Japan. Rice has flourished in Kikuchi for centuries, and the area is famous as a major rice-producing region in Japan. Quality water and excellent soil is what makes Kikuchi rice so good.



Kikuchi Fountainhead

!! A natural snack!  
**Takase Ame**



Takase Ame are a naturally sweet candy made from rice that contains absolutely no sugar. Popular as a gift for breastfeeding mothers as it supposedly helps breastmilk production.

## Noda Sweets

Hanegi 255, Tamana-shi  
Hours: 9AM-6PM  
Closed: Occasionally  
Tel: 0968-72-3042

!! Heirloom rice ice cream!  
**Red & Black Rice Ice Cream**



Ice cream made with heirloom varieties of rice. Rich ice cream with small bits of rice make for a tasty and unique treat.

## Kao Farmer's Market

Iwabar 2965, Kao-machi, Yamaga-shi  
Hours: 10AM-5PM  
Closed: Mon (or next day if holiday)  
Price: ¥216 each (black rice or red rice)  
Tel: 0968-36-3838

!! A cake made out of sushi!  
**Deco Sushi**



Fresh, quality seafood beautifully arranged to look like a decorated cake! A new classic in Kikuchi that is super-popular!

## Ume Sushi

Waifu 985-1, Kikuchi-shi  
Hours: 11AM-10PM. Closed: 4th Sun  
Price: Starting at ¥3240 per cake  
Tel: 0968-25-2049

!! Fluffy, chewy rice bread!  
**Yasohachi Bread**



Rice + Bread  
Delicious!

Patented rice bread made using rice flour produced when polishing rice to make sake. The best of both worlds!

## Campagne - Mizube Plaza Kamoto

Kajiya 1257, Kamoto-machi, Yamaga-shi  
Hours: 10AM-5PM (open til 6PM on Sat, Sun, holidays)  
Closed: Occasionally  
Price: ¥540 (Yasohachi Bread)  
Tel: 0968-46-1126

!! The best in Japan!  
**Shichijo Rice**



Rice grown around the Kikuchi River has been famous for centuries for its flavor. Shichijo Rice has been awarded Special A ranking - the highest ranking for rice - for 8 years straight.

## Shichijo Melon Dome Roadside Station

Okada 306, Shichijo-machi, Kikuchi-shi  
Hours: Market 9AM-6PM, Restaurant 10AM-3:30PM  
Open every day Price: 5kg ¥2,780  
Tel: 0968-25-5757

!! From the best water & rice  
**Sake**



Kikuchigawa  
Junmai Ginjo

Long ago, the Kikuchi River was bustling with boats transporting rice, and it's only natural that sake breweries sprung up along the river. Made with excellent Kikuchi rice, this sake is in a class all its own.

## Watanabe Shoten

Waifu 58-3, Kikuchi-shi  
Hours: 9AM-9PM, 12PM-9PM (Sun)  
Closed: Wed  
Tel: 0968-25-2306



# The Best of the NORTH



With a long, prosperous history and a strong onsen culture, North Kumamoto Prefecture has something for everyone!



## ❗ Packed with beef! KYOKUSHI CROQUETTES

Made with plenty of melt-in-your-mouth, flavorful Kyokushi beef. Freshly made croquettes available til 5:30.

### Kyokushi Roadside Station

Kyokushi Kawabe 1886, Kikuchi-shi  
Hours: 9AM-6PM  
Closed: 12/31-1/2  
Price: ¥150 (Kyokushi Croquette)  
Tel: 0968-37-3719



## ❗ Aroo's soul food KOSENDAGO

Mega-size okonomiyaki that is sure to sate even the biggest appetites.

### Kosendago Shinmitsuya Aroo

Shimoide 495, Aroo-shi  
Hours: 11AM-9PM  
Closed: Thu (or next day if holiday)  
Price: ¥1,530 (Special)  
Tel: 0968-66-1911

## ❗ Organic Japanese tea YAMAGA FUKKOKU TEA YAMAGA GINGER TEA

A revival of an old tea style from Yamaga, where the first black tea in Japan was made. Available at Mizube Plaza Kamoto and the farmer's market next door.

Tel: 0968-32-2540 (Fujimoto Tea)

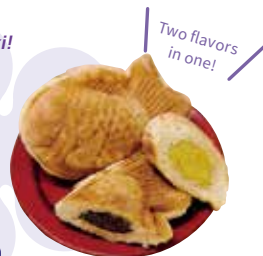


## ❗ High-tech taiyaki! KARAIMO TAIYAKI

The head is filled with local sweet potato paste, the tail with sweet bean paste.

### Ozu Roadside Station

Hikimizu 759, Ozu-machi, Kikuchi-gun  
Hours: 9AM-6:30PM (times change during year)  
Closed: 1/1  
Price: ¥170 (Karaimo Taiyaki)  
Tel: 096-294-1600



## ❗ Limited release! YACÓN SHOCHU

Rice shochu made with organically grown yacón tuber, a Kikuchi specialty.

### Kikuchi Sightseeing Farmer's Market

Waifu 1273-1, Kikuchi-shi  
Hours: 8:30AM-5:30PM, 8:30AM-6PM (Mar-Nov)  
Closed: 12/31-1/1  
Price: ¥2,900 (Kikuchi Sennen)  
Tel: 0968-25-5477

## ❗ Fun & excitement! GREENLAND

With 81 different rides and attractions, Greenland has the most in all of Japan!

Midorigaoka, Aroo-shi  
Hours: 10AM-4PM (Sun/holidays 9:30AM-8PM, open nights depending on season)  
Open every day  
Price: 65 and older ¥800, High School and older ¥1,600, 3 years and older ¥800  
Tel: 0968-66-1112



## ❗ Gifted to the shogun! NANKAN SOMEN

100% handmade, super-thin noodles. Firm, al dente noodles is what sets Nankan somen apart.

### Ayata Noodle Factory

Sekimura 1140, Nankan-machi, Tamana-gun  
Price: 5 bundles for ¥725  
Tel: 0968-53-2290



## ❗ Elegantly sweet! AOKEN WINE

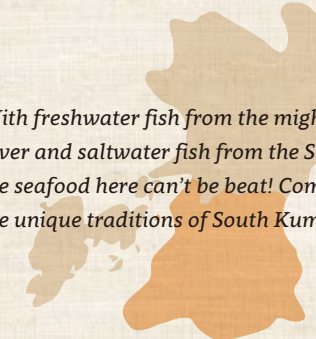
Famous wine from downtown Aroo. Check out the limited edition Manda Coal Mine labels!

### Aoken Winery

Masunaga 2000-15, Aroo-shi  
Hours: 9AM-5PM  
Closed: Sun, holidays  
Price: ¥1,300 ~ (Aroo no Budoshu)  
Tel: 0968-62-3446

# SOUTH 県南

With freshwater fish from the mighty Kuma River and saltwater fish from the Shiranui Sea, the seafood here can't be beat! Come experience the unique traditions of South Kumamoto!





# YATSUSHIRO GUIDES: LAUGH, LEARN, THEN LAUGH SOME MORE

Explore the history of Yatsushiro Castle, tour retro back alleyways, and visit unique natural sightseeing spots. Hire a local guide to see and hear about all the interesting stuff not in your guidebook!



🍡 Nibble some chikuwa as you stroll

## HINAGU ONSEN BACKALLEY TOUR

Take a tour through this old onsen town to catch a real glimpse of old-fashioned life in the Japanese countryside. Explore the streets and alleys, discover old wooden inns, find smiling Ebisu statues, and watch the locals go on about their business. Includes chikuwa samples and a souvenir!



### Hinagu Onsen Guide Group

- ① Satsuma Kaido History Tour
- ② Three-Story Wooden Inn Tour
- ③ Backalley Shrine Tour

Tour times: about 1-2 hours long Price: ¥500/person  
(Reservations required one week in advance)  
Tel: 0965-38-0267 (Hinagu Onsen Tourism Office)



## BANPEIYU ONSEN CENTER

Offering a variety of baths, including private baths. Try a Chikuwa Dog or Banpeiyu Soft Serve after your bath!

Hinagu Nakamachi 316, Yatsushiro-shi  
Hours: 10AM-8PM  
Closed: 3rd Tue (or next day if holiday)  
Price: Public bath adult ¥200, Large bath adult ¥510, Private bath ¥1,020~  
Tel: 0965-38-0617



Nikke-dama candy



Bathe with banpeiyu from mid-December to January!



Bougainvillea flowers grow in the warm hot spring soil!



Watch artisans make traditional bamboo crafts!

## Useful Trains

### Hisatsu Orange Railway

Local train that runs from Yatsushiro Station to Sendai Station in Kagoshima. If you're lucky, you might be able to catch a ride on our Kumamon-themed train!

Price: One-day pass Adult ¥2880, Child ¥1440  
Tel: 0965-32-5678 (Hisatsu Orange Railway)



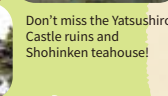
### Orange Shokudo

Price: Adult ¥9500~  
Child ¥6000~  
(includes meal & souvenir)  
Open: Fri, Sat, Sun, holidays  
(3 or 4 trains/day)  
Tel: 0996-63-6861  
(Orange Railway Reservation Center)

📌 Take a trip back in time!

## YATSUSHIRO HISTORY TOUR

Your tour starts at Yatsushiro Myoken Shrine, which has roots in China, then check out the breathtaking views at Mizushima and the history-rich area around Yatsushiro Castle. There's so much to see in Yatsushiro!



Don't miss the Yatsushiro Castle ruins and Shohinken teahouse!

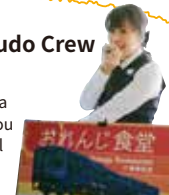
### Yatsushiro History Guide Group

- ① Myokengu/Shunkoji Temple Area
- ② Shohinken/Yatsushiro Castle Area
- ③ Mizushima tour
- ④ Other area tour

Tour times: about 30 minutes to 2 hours long  
Price: Half day ¥3000, Full day ¥5000 (lunch not included)  
(Reservations required one week in advance)  
Tel/Reservations: 0965-31-8200 (DMO Yatsushiro)

### Orange Shokudo Crew

Your train crew will provide interesting trivia along your journey. If you have any questions, feel free to ask!



Souvenirs, too!

Enjoy a full-course meal made with seasonal ingredients while you ride.

## Don't forget these!



### Tomato Ramen Tomato Taipien

Yatsushiro is Japan's top tomato producer, so these are a must when you visit. The slight tartness of the tomatoes goes perfectly with these styles of noodles. Available at a number of restaurants in the area.



### Ginger Gourmet

Ginger is a big crop in Toyo, so be sure to try the Shoga Tsukushi meal and the Shogayaki Burger!

#### Seseragi Toyo Community Center

Minami 1051-1, Toyo-machi, Yatsushiro-shi  
Hours: 10AM-9PM  
Closed: 2nd Wed (next day if holiday)  
Tel: 0965-65-2112



### Tategami Gorge

See milky white canyon walls that are 75 meters tall and 250 meters across!

Tategami 648-4, Hikawa-machi, Yatsushiro-gun  
Tel: 0965-62-1543  
(Tategami Gorge Park Office)



# TRY BACKCOUNTRY MOUNTAIN CUISINE IN SECLUDED ITSUKI & GOKANOSHO!

Itsuki & Gokanosho are famed for its quiet, unspoiled nature. Come here to experience rustic Japanese mountain-style cooking.



River  
Nori



Healthy nori grown in pure river water

## KAWA NORI SOBA

River nori seaweed can only grow in clear, clean rivers, and is only available from June to October. River nori carefully picked from the Kajiwaru River is sun-dried, then served on top of a piping-hot bowl of soba. Kawa Nori Soba ¥500

### Yamagoya Lodge

Ko 4917, Itsuki-mura, Kuma-gun  
Hours: 11:30AM-2PM, 5PM-9PM (reservations required on Sun)  
Closed: Occasionally  
Tel: 0966-37-2836

Venison



Healthy fried venison & 100% buckwheat soba!

## SHIKA-KATSU MEAL

Breaded and fried venison cutlets, 100% buckwheat soba made daily, rice, and a side, all for ¥1,080! Deer meat is a high-protein, low-calorie meat, making it perfect for people looking after their figure. The hot spring next door also features a charcoal sauna and outdoor bath.

### Restaurant Yumeuta

Ko 2672-54, Itsuki-mura, Kuma-gun  
Hours: 11AM-2:30PM (last order 2PM), 6PM-10PM (last order 9:30PM)  
Closed: Tue  
Tel: 0966-37-5201

Boar



Winter specialty available from November!

## SHISHI NABE

Our nabe hotpot is filled with hearty boar meat from boars raised on local Gokanosho beechnuts, plus tasty veggies and savory broth. Shishi nabe is included with dinner for overnight guests. Meals start at ¥3000/person, overnight stays start at ¥7500/night (breakfast & dinner included)  
\*Reservations required

### Yamameso

Momigi 106-2, Izumi-machi, Yatsushiro-shi  
Hours: Ask  
Closed: Occasionally, 1/1-1/3  
Tel: 0965-67-5201

Yamame



A filling meal in an old thatch-roof inn

## HEIKE GOZEN

Wild vegetables, grilled yamame trout, stew, handmade tofu - a variety of dishes that will give you a full taste of the region. The flavors are all simple, but the ingredients and preparation are impeccable. Reservations are not required. ¥1,620 (Chiku).

### Gokanosho Heike-no-Sato (Restaurant)

Momigi 160-1, Izumi-machi, Yatsushiro-shi Hours: 11AM-4PM  
Closed: Thu (or next day if holiday), 12/29-1/3  
Price: Entry fee for HS student and up ¥410, ¥200 for elementary and JHS students  
Tel: 0965-67-5372



## Weaving Workshop

Enjoy weaving with tree bark harvested from nearby trees. A variety of items are available.

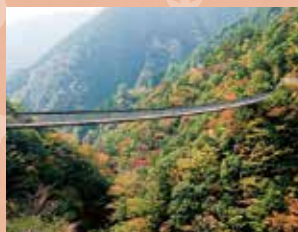
Momigi, Izumi-machi, Yatsushiro-shi  
Time: About 3 hours long  
Price: ¥2,500/person (lunch included, reservations required)  
Tel: 0965-67-5136 (Kuroki Kobo)



## Amur Adonis Flowers

Each year in February and March, innumerable amur adonis flowers bloom to welcome in spring. If you're lucky, you can catch the flower festival in the second half of February.

Kureko 72, Izumi-machi, Yatsushiro-shi  
Tel: 0965-67-5049 (Kureko Kodai-no-Sato)



## Umenoki Todoroki Park

Featuring a rope bridge spanning a 116 meter-wide, 55 meter-deep gorge in the park. The bridge offers exciting panoramas of the trees as the leaves turn color in the autumn!

Hagi, Izumi-machi, Yatsushiro-shi  
Tel: 0965-67-2111  
(Yatsushiro-shi Izumi Branch Region Promotion Office)



## Sendan Todoroki Falls

The waters at Sendan Todoroki tumble 70 meters to the river below. The best time visit is in the fall when the leaves are turning!

Kakizako, Izumi-machi, Yatsushiro-shi  
Tel: 0965-67-2111  
(Yatsushiro-shi Izumi Branch Region Promotion Office)



## Gokanosho Heike-no-Sato

This facility houses exhibits on the exiled members of Taira clan, one of Japan's historically great families. Kagura and noh performances are available for viewing.

Momigi 160-1, Izumi-machi, Yatsushiro-shi  
Hours: 9AM-5:30PM  
9:30AM-5PM (Dec to Mar)  
Closed: Tue (or next day if holiday), 12/29-1/3  
Price: High School and older ¥410, Elem. and JHS students ¥200  
Tel: 0965-67-5372



## Ogata-ke & Zoza-ke

Old homes of Taira clan members who fled here after losing the Battle of Dan-no-ura, and where a son of Sugawara no Michizane lived in secret.

### Ogata-ke

Shiibu 58, Izumi-machi, Yatsushiro-shi  
Tel: 0965-67-5118

### Zoza-ke

Nitao 64, Izumi-machi, Yatsushiro-shi  
Tel: 0965-67-5510

Hours: 9AM-5PM  
Closed: Tue (or next day if holiday), 12/29-1/3 (open every day Oct & Nov)  
Price: Adult ¥200, Child ¥100



# EXPERIENCE HISTORY & TRADITION AT THIS WORLD HERITAGE HOTSPOT!

The Hitoyoshi-Kuma region is a hidden gem of Kyushu, with a stunning number of excellently preserved historical sites and temples.

## ❗ RUINS OF HITOYOSHI CASTLE

Ruins that tell the story of the 700 years the Sagara family ruled over and protected the region.  
Fumoto-machi, Hitoyoshi-shi  
Tel: 0966-22-2411  
(Hitoyoshi Tourism Office)



## 📖 Sagara 33 Kanon Pilgrimage

### SHOZEN-IN TEMPLE

AKA "Cat Temple." The thatch roof Kanon hall is an Important Cultural Property. The cat-shaped fortune slips are a hit! ¥500  
Iwano 3540-1, Mizukami-mura, Kuma-gun Tel: 0966-44-0068



## 🍶 A world-famous brand!

### KUMA SHOCHU

Each of the 28 shochu distilleries has its own unique flavor, all instilled with the natural goodness of local Kuma rice.  
**Hitoyoshi Onsen Farmer's Market**  
Kamiaoi-machi 120-4, Hitoyoshi-shi  
Hours: 9AM-5PM (subject to change)  
Open every day Tel: 0966-22-1123

## 📖 Shrine for worship of ancestors

### AOI ASO SHRINE

A fusion of Momoyama and Hitoyoshi styles. Has stood for 1,200 years on holy ground. The former high priest's residence is a must-see! (Entry ¥300)  
Kamiaoi-machi 118, Hitoyoshi-shi  
Tel: 0966-22-2274



## 📖 Kijiuma & Hana Tebako

Simple craft supposedly first made by the exiled members of the Taira clan.



## 📖 Railroad heaven!

### MOZOCA STATION 868 HITOYOSHI RAILWAY MUSEUM

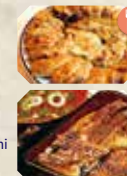
Tons of info on the Hisatsu and Kumagawa train lines! Hop on the mini-train connecting Mozoca with Hitoyoshi Station!

Hours: 9AM-5PM Closed: Wed  
Price: Free  
Mini-train & trail bike ¥100/ride  
Tel: 0966-48-4200

## 📖 Make your own!

### HITOYOSHI CRAFT PARK

Experience Hitoyoshi-Kuma culture and make your own kijiuma or hana tebako!  
Akaikahara-machi 1425-1, Hitoyoshi-shi  
Hours: 9AM-5PM  
Closed: 12/29-1/1  
Price: Free entry (workshops cost extra)  
Tel: 0966-22-6700



## 📖 Hitoyoshi's must-eat items!

### HITOYOSHI EEL & GYOZA

These two dishes are very popular with the locals. Perfect for lunch or as a souvenir to take home!

Tel: 0966-22-2411  
(Hitoyoshi Tourism Office)

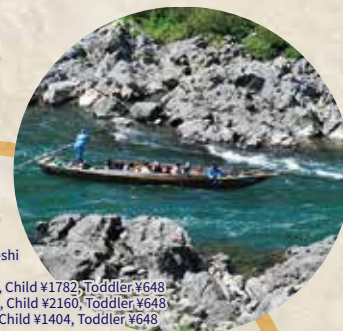
## 📖 A thrilling river ride!

### KUMA RIVER

Take an exciting ride in a traditional wooden boat down the Kuma River, which boasts some of the best rapids in all of Japan.

## Kuma River Boating

Shimoshin-machi 333-1, Hitoyoshi-shi  
Hours: 8AM-6PM Open every day  
Prices: Middle course - Adult ¥2700, Child ¥1782, Toddler ¥648  
Rapids course - Adult ¥3240, Child ¥2160, Toddler ¥648  
Short course - Adult ¥2160, Child ¥1404, Toddler ¥648  
Tel: 0966-22-5555



## 📖 The Kyoto of Kumamoto!

### DOWNTOWN HITOYOSHI

Hire a local guide to take you around to all the cool places in Hitoyoshi you won't find in a guidebook. In addition to the City Course that stops at Aoi Aso Shrine, Eikokuji Temple, a shochu distillery, and Hitoyoshi Castle, there is also a Shochu Distillery Course and Kuma Sightseeing Course.

Tel: 0966-22-3101  
(Wakaayu Hitoyoshi Tourguide Association)



See you at  
Hitoyoshi Station!



Kurimeshi  
¥1,100



Ayu Sushi  
¥1,100

## Hitoyoshi-Kuma Trains & Buses

Hop on for a fun and relaxing ride!

So  
retro!



## 📖 JUGURITTO BUS

Goes from Hitoyoshi Station to tourist spots and hotels.  
Price: One-day pass Adult ¥500, Child ¥250  
Tel: 0966-22-5205  
(Sanko Bus Hitoyoshi Office)



## 📖 ISABURO SHINPEI

Sightseeing train running from Kumamoto Station/Hitoyoshi Station to Yoshimatsu Station offering some of the best views in Japan as it climbs through the mountains.  
Tel: 0966-22-4011  
(JR Hitoyoshi Station)



## 📖 Witness the unspoiled nature of Kuma

### DEN'EN SYMPHONY

Sightseeing train with stunning locally grown white cedar interior. See how the Kuma River changes downstream. Runs between Hitoyoshi Onsen Station and Yunomae Station.  
Tel: 0966-23-5011 (Kumagawa Railroad)

## 📖 KAWASEMI YAMASEMI

Interior decorated with Hitoyoshi-Kuma cypress and local cedar, with authentic Kuma Shochu for sale! 3 round-trips daily.  
Tel: 050-3786-1717 (JR Kyushu Info Center)



## RETRO HITOYOSHI ONSEN

Water type: Weak alkaline hydrogen carbonate spring  
Alleviates: Cold sensitivity, rheumatism, diabetes, etc.  
Over 20 different onsen, each with a unique but decidedly hometown feel! Visit a couple for the full experience!

Tel: 0966-22-2411  
(Hitoyoshi Tourism Office)





# SWEETS & SEAFOOD! YOU'LL FALL IN LOVE WITH MINAMATA & ASHIKITA

With the treasures of the Shiranui Sea and the abundant sweets cherished by the locals, you could find love at first sight in Minamata & Ashikita!



A leisurely stroll through the park is best. If you find this heart monument, stand in its shadow and make a wish!

## Popular date spot!

### ♥ KOIBITO NO SEICHI LOVER'S LOOKOUT

Visit here to strengthen the love between you and your family or significant other. The park offers beautiful views of the sea and Koiji Island.

Tel: 0966-61-1629  
(Minamata Economy & Tourism Section)

## Shrimp lovers take notice!

### || SHRIMP IRO-IRO FAIR

This festival is held every year from the end of January to the beginning of March, and features a variety of cuisine made with fresh shrimp pulled from the Shiranui Sea. From Japanese to Italian, there's shrimp prepared all sorts of ways!

Minamata & Ashikita area  
Tel: 0966-82-4445 (Minamata Ashikita Tourism Promotion Council)



## All the best local dishes TSURU-NO-YA

Farmer's market and restaurant with chic modern Japanese interior and plenty of delicious foods and souvenirs. Try the Italian lunch buffet, made with local vegetables.

Yude 1421-11, Minamata-shi  
Hours: Market 10AM-6PM  
Restaurant 11:30AM-3PM  
(last order 2:30PM)

\*Reservations req'd after 6PM  
Closed: Wed  
Tel: 0966-68-0268



Check out the chic new bar!

## Satisfy that sweet tooth! || MINAMATA SWEETS

Minamata has had an abundance of sweet shops for a long, long time. There are over 10 shops within short walking distance from Minamata Station.

Tel: 0966-62-2611  
(Onitsuka Nishshodo)



## || TEA SWEETS

Minamata produces a lot of tea. Try some light, delicate cookies made with real Organic Minamata green tea.

**Arlequin Sweets Shop**  
Sakae-machi 1-6-20, Minamata-shi  
Hours: 10AM-8PM  
Tel: 0966-63-7558



Piled high with fish!

## YUNOKO ONSEN

Enjoy a seafood feast featuring Ise lobster and tachiuo.

Tel: 0966-63-2079  
(Minamata Tourism & Produce Association)



## || YUNOKO VILLA ESPAÑOLA FUKUDA FARM

Try the paella made with Minamata-grown saffron and a variety of fresh seafood caught in the Shiranui Sea.

Jinnai 2525, Minamata-shi  
Hours: Patio 8AM-5PM  
Spain-kan 8AM-6PM  
Valencia-kan 10:30AM-8PM (last order)  
Sevilla-kan 10:30AM-8PM (last order)  
Closed: Depends on restaurant  
Tel: 0966-63-3900



## || TACHIUDON - A TANOURA ROADSIDE STATION FAVORITE!

This popular item at the Tanoura Roadside Station features crispy fried tachiuo with a sweet and savory sauce piled high over rice!

**Tabakuman @ Tanoura Roadside Station**  
Tanoura 657, Ashikita-machi, Ashikita-gun  
Hours: 11AM-3PM (Sat, Sun, holidays 11AM-6PM)  
Closed: 2nd Wed  
Price: ¥690 (Tachiudon)  
Tel: 0966-87-2230

# PLENTY OF EXCITING MOUNTAIN AND WATER ACTIVITIES!

Ride a traditional utasebune boat, bounce along in an enormous Zorb, or mingle with the locals - you can't go wrong in Minamata/Ashikita!



## ♥ ASHIKITA SEASIDE PARK

Exciting activities like a thrilling roller luge track and a big hill to roll down while in a huge inflatable Zorb.

Tsurugiyama 1400, Ashikita-machi, Ashikita-gun  
Hours: 10AM-6PM, 10AM-5PM (Oct-Mar)  
Closed: Mon (or next day if holiday)  
Tel: 0966-82-5588



Zorb

Roller Luge

## ♥ VILLAGE LIFE MUSEUMS

Each community is its own museum! Join a workshop run by a local resident and try your hand at making straw shoes, etc.!

Minamata-shi Kagumeishi, Kugino, Motoigi, Koshikoba  
Tel: 0966-61-1607  
(Minamata Planning Section)



## ♥ HAZENOKI-KAN

Make your own original Japanese candle using special Haze wax.

Tsukinoura 453-3, Minamata-shi  
Hours: 9AM-5PM  
Closed: Mon (or next day if holiday)  
Tel: 0966-62-2180



## ♥ ONO ONSEN CENTER

Retro-styled baths abounding in the scent of trees. Many types of private baths. Try out the all-you-can-eat buffet made with local ingredients!

Amatsuki 1000, Ashikita-machi, Ashikita-gun  
Closed: 3rd Tue  
Prices: Main bath JHS and up ¥300, Elem. student ¥200, 3 years and older ¥100  
Private bath 60min ¥1000  
Food ¥880 Ground Golf ¥200  
Tel: 0966-61-7300

## More Minamata & Ashikita Gourmet

### || Dekopon - JA Ashikita Farmer's Market

Fresh fruits and veggies including Dekopon orange and salad onions.

Sashiki 443, Ashikita-machi, Ashikita-gun  
Hours: 9AM-7:30PM  
Closed: New Year's  
Tel: 0966-61-3020



### || Famous North Ashikita Bentos and Set Meals

Popular meals made with local favorites like ashiaka shrimp and tachiuo.

Jako Gohan Bento ¥800  
Tel: 0966-78-3910 (Tres Bien)  
Shellfish Soup and Steamed Rice Meal ¥1290  
Tel: 0966-62-4200 (Nanri)  
Tachiuo Oshizushi ¥700  
\*Reservations req'd  
Tel: 0966-63-1100 (Arase)





# The Best of the SOUTH



South Kumamoto Prefecture has pure water, soothing landscapes, fun and exciting activities, and tasty souvenirs! There's something for everyone!



## A Yamae specialty

### YAMAE KURI SWEETS

Made with big, sweet Yamae chestnuts, famed for their high quality. ¥140 each.

#### Yukkuri Yamae Farmer's Market

Mae Ko 423, Yamae-mura, Kuma-gun  
Hours: 10AM-6PM,  
10AM-7PM (Apr-Sep)  
Closed: 2nd & 4th Mon (or next day if holiday)  
Tel: 0966-28-3582



## Outdoor river adventure

### RAFTING

A thrilling trip down roiling rapids in a rubber raft!

Tel: 0966-22-2411  
(Hitoyoshi Tourism Office)



## Tastes just like sea urchin!

### YAMA UNI TOFU

A modern take on a traditional method of preserving tofu in miso paste. 1 box (90g) ¥648.

#### Itsukiya Honpo

Hei 635-3, Itsuki-mura, Kuma-gun  
Hours: 8AM-5PM Open Everyday  
Tel: 0966-37-2022



## KYUSENDO CAVE

Limestone cave extending 4.8km into the Earth.

Hirano 1121, Ose, Oaza, Kuma-mura, Kuma-gun  
Hours: 8:30AM-5PM (last entry 4:30PM)  
Open every day  
Price: HS student and up ¥1050,  
JHS ¥735, Elementary ¥630,  
3yo and up ¥525  
Tel: 0966-32-0080

A whole lotta bean paste!



## For sweet bean lovers!

### MIKI MONAKA

A long-time favorite, with delicately sweet red bean paste in a crispy shell. ¥170 each.

#### Yanagiya Honpo

Jinnai 1-9-27, Minamata-shi  
Hours: 8:30AM-5PM  
Closed: 1/1  
Tel: 0966-63-2239

## Scenes from the anime

### NATSUME'S BOOK OF FRIENDS TOUR

Visit some of the real locations that appear in this popular manga and anime about a boy who can see spirits.

Tel: 0966-22-2411 (Hitoyoshi Tourism Office)



## TSUNAGI ART MUSEUM

Take a ride on the monorail behind the museum up to Maizuru Park!

Iwaki 494, Tsunagi-machi, Ashikita-gun  
Hours: 10AM-5PM (last entry 4:30PM)  
Closed: Wed (or next day if holiday), 12/29-1/3  
Price: Monorail round trip ¥300  
Tel: 0966-61-2222

## Local spring water shochu

### ASHIKITA & YUME ASHIKITA

Completely locally made, from the local rice down to the paper label. Available at Dekopon JA Ashikita Farmer's Market and liquor shops in and around Ashikita.



## Onsen surrounded by forest

### KUREON ONSEN CENTER

Quaint hot spring facility in Yatsushiro located in the middle of a dense forest.

Kawatake 1091, Sakamoto-machi, Yatsushiro-shi  
Hours: 10AM-8PM  
10AM-9M (Fri-Sun, holidays)  
Closed: Thu (open if holiday)  
Price: Adult ¥450, Child ¥300  
Tel: 0965-45-8814

