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.

Sakurajima (Kagoshima): map C-8
Sakurajima is an active volcano in Kinko Bay—a familiar symbol of Kagoshima. You can reach the mountain by ferry or car.

Unzen Jigoku (Hells) (Nagasaki): map C-6
Jigoku means “Hell” in Japanese and refers to the hot gasses and boiling hot spring water that erupts from the area. The strong smell of Sulphur is also associated with these hot springs.

Yutokuinari Shrine (Saga): map C-5
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.

Yanagawa River Cruise (Fukuoka): map C-5
Ride a small boat slowly through crisscrossing canals and enjoy a unique view of a castle town.

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.

Ebino Trekking (Miyazaki): map D-8
Enjoy hiking in the mountains or deep gorges and experience the natural beauty, unique geological features and unique plant life of the area.

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

Renting a car and travelling through Kyushu on the road is a 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): E-6
One of the three great urban night views in the world, alongside Hong Kong and Monaco. The lights of the port are spectacular.

Kitsuki: Walk Around in a Kimono (Oita): F-4
If you stroll around this castle town wearing a kimono (rentals available), you receive various privileges such as free admission into facilities.

Kyushu National Museum (Fukuoka): E-5-F-6
The Kyushu 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 history."

Saga Castle Honmaru History Hall (Saga): E-5
The History Hall was built on the Saga Castle Honmaru Goten (castle inside the castle walls) ruins and contains within it a faithful reconstruction of the inside 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): 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): E-5
Go around visiting locations where Arita ware porcelain is made, with its 400-year history. The area is known as the birthplace of porcelain in Japan.

Battleship Island (Nagasaki): E-5
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.

Kazahiko Gorge (Miyazaki): E-4
A V-shaped, steep-walled gorge with a mysterious atmosphere. Why not take a rental boat in order to better view the Manai Falls, named as one of the top 100 waterfalls in Japan?

Dazaif Tenmangu Shrine (Fukuoka): F-9
Dedicated to the god of scholarship, many high school students visit this shrine in spring to pray for success in their entrance exams. The main shrine building is a nationally designated important cultural property.

Udo Shrine (Miyazaki): F-9
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.

Kirisima Shrine
Kagoshima: D-4
A very old shrine founded in the 6th century. The magnificent vermillion-lacquered main shrine hall was constructed in 1716.
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): 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.

**Ureshino Onsen** (Saga): A once flourishing post-station town in the Edo Period. Water from the hot spring has long been known for its skin-smoothing properties.

**Yufuin Onsen** (Oita): 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.

**Beppu Onsen** (Oita): A modern town mixed with a traditional atmosphere, featuring the time honoured Japanese custom of bathing in onsen hot springs.

**Uchinomaki Onsen** (Kumamoto): 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 folk alike.

**Obama Onsen** (Nagasaki): 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.

**Shiratori Onsen** (Miyazaki): 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.

**Ibusuki Natural Sand Bath** (Kagoshima): Get buried in hot sand on the beach—a unique form of hot spring with a great detoxifying effect.

**Sakurasakura Onsen / Doroyu (Mud bath)** (Kagoshima): 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?
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.

**Sasebo Burger (Nagasaki):**
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.

**Dago Soup (Kumamoto):**
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 mise and 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.

**Kannawa Hell-steamed Studio (Oita):**
This is a place where you can experience the unique “hell-steamed cooking” method of the hot springs. Seafood and vegetables steamed using this method are really tasty.

**Boiled Tofu at Ureshino Hot Spring Resort (Saga):**
This hot spring boiled tofu is a specialty of the Ureshino resort. This combination 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.

**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.

**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.

**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?

**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 springs.

**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.

**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 Ibusu 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.
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)

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 your family.

Nagasaki Lantern Festival (Nagasaki)

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

Kurats Kunchi Festival (Saga)

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 Haikyama (Boats) are carried around the old castle town of Karatsu.

KyoKusui Banquet Festival (Fukuoka)

This banquet is held every year in the spring within the grounds of the Dazaifu Tenmangū Shrine. People who dress like noblemen from a thousand years ago gracefully pace around in an age-old imperial ceremony.

Tenryo Hita Doll Festival (Oita)

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

Tobata Gion Yamakasa Festival (Fukuoka)

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

Yatsushiro Myokensai Festival (Kumamoto)

This festival is registered as a National Important 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 Makoto, Shinta Lion and deer as well as the legendary no-matter “Kara” and much more.

Ohara Festival (Kagoshima)

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

Fruit Picking

*The time may vary depending on farmers.

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*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).
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**North Kyushu**

- **10:00** Fukuoka City
- 11:00 Yanagawa River Cruise
- 15:00 Yutokuinai Shrine
- 19:00 Overnight stay in Kishima City
- **8:30** Kishima City
- **9:30** Nagasaki City
- **12:00** Unzen Onsen
- **18:00** Unzen Onsen Stay
- **7:15** Unzen Onsen
- **10:00** Kumamoto Castle
- **11:30** Suizenjoien Gardens (Suizenjoen Park)
- **14:30** Aso
- **10:00** Aso Stay
- **10:00** Aso
- **13:00** Beppu "Jigoku Meguri"
- **16:00** Beppu City Stay
- **16:00** Fukuoka Airport

**South Kyushu**

- **10:00** Kagoshima City
- **12:00** Senganen Garden
- **14:00** Kagoshima City Sightseeing
- **18:00** Kirishima Onsen Stay
- **8:30** Kirishima Onsen
- **10:30** Ehime Eco Museum Center
- **16:00** Miyazaki City Stay
- **12:30** Miyazaki City
- **16:40** Takachiho-cho
- **20:00** Takachiho Yekagura
- **21:00** Takachiho-cho Stay
- **9:00** Takachiho-cho
- **12:00** Fukuoka City
- **18:00** Fukuoka City Stay
- **16:00** Fukuoka Airport

**All Kyushu**

- **10:00** Kagoshima City
- **11:00** Sakurajima
- **15:00** Senganen Garden
- **18:00** Kagoshima City Stay
- **9:00** Kagoshima City
- **10:00** Kirishima Onsen
- **18:00** Miyazaki City Stay
- **8:00** Miyazaki City
- **11:30** Takachiho Gorge, Takachiho Shrine
- **16:00** Beppu Onsen Stay
- **8:00** Beppu "Jigoku Meguri"
- **12:00** Aso
- **10:00** Kumamoto City Shopping
- **18:00** Kumamoto City Stay
- **9:00** Kumamoto Castle
- **11:30** Suizenjoien Gardens (Suizenjoen Park)
- **13:00** Shimabara Castle Town
- **10:00** Unzen Onsen Stay
- **9:00** Unzen Onsen
- **11:00** Nagasaki City Peace Park
- **13:00** Battleho Island
- **14:00** Nagasaki City Stay
- **9:00** Nagasaki City
- **11:00** Yutokuinai Shrine
- **14:00** Yanagawa River Cruise
- **18:00** Fukuoka City Stay
- **16:00** Fukuoka Airport