

風の旅

Space Travel

Kumamoto → Oita

Aso Kujyu Tourism Zone

Toyonokuni Millennium
Heritage Tourism Zone



 UNDISCOVERED JAPAN






阿蘇くじゅう観光圏

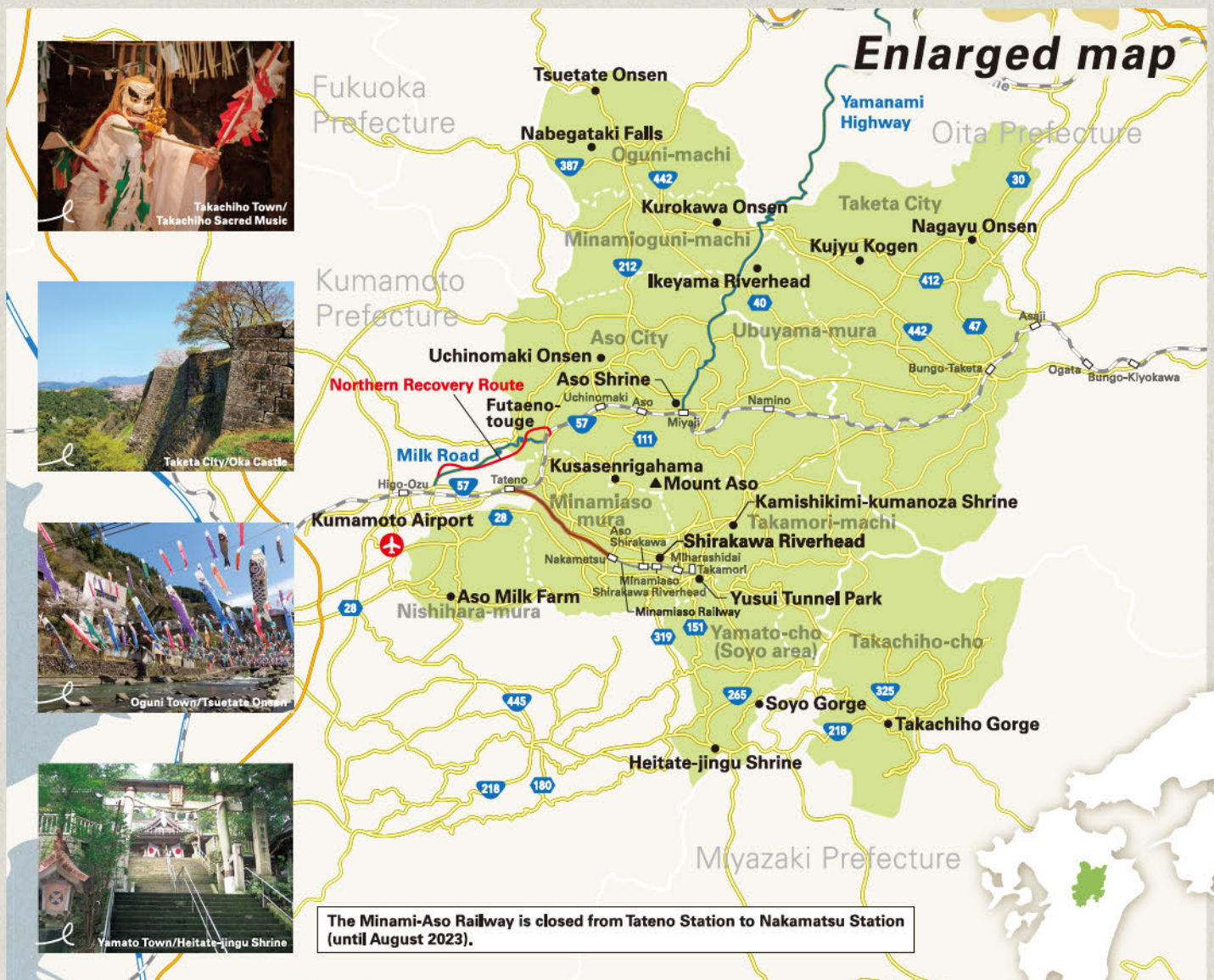
Aso Kujuu Tourism Zone

This rich natural area, the “Breath of the Earth,” is home to one of the largest caldera volcanoes in the world, Mount Aso, the extensive grasslands of the Kujuu mountains, and the Takachiho Gorge, formed over tens of thousand of years from Mount Aso’s volcanic activity.

If you listen carefully to its whisper, you will encounter the strength and hope of wanting to live in harmony and create a better future, and your heart will be set at ease by the winds from the high plains.

Explanation of Marks

-  x3 ... Elevation: 801-1,200 m
-  x2 ... Elevation: 501-800 m
-  x1 ... Elevation: 200-500 m





阿蘇くじゅう観光圏

Aso Kujuu Tourism Zone

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Aso City/Nakadake Crater



Aso City/Horse Trekking

Feel the bounty of the volcano and the life force of the land with your whole body.

Aso is dotted with spots where you can feel the breath of nature with your eyes and your skin, such as the caldera which is among the world’s largest, the vast crater, and the rolling plains. There are many ways to enjoy Aso, such as strolling through the nostalgic shopping arcade in Monzenmachi Shopping Street, or visiting Uchimaki Onsen, where the author Natsume Soseki stayed.



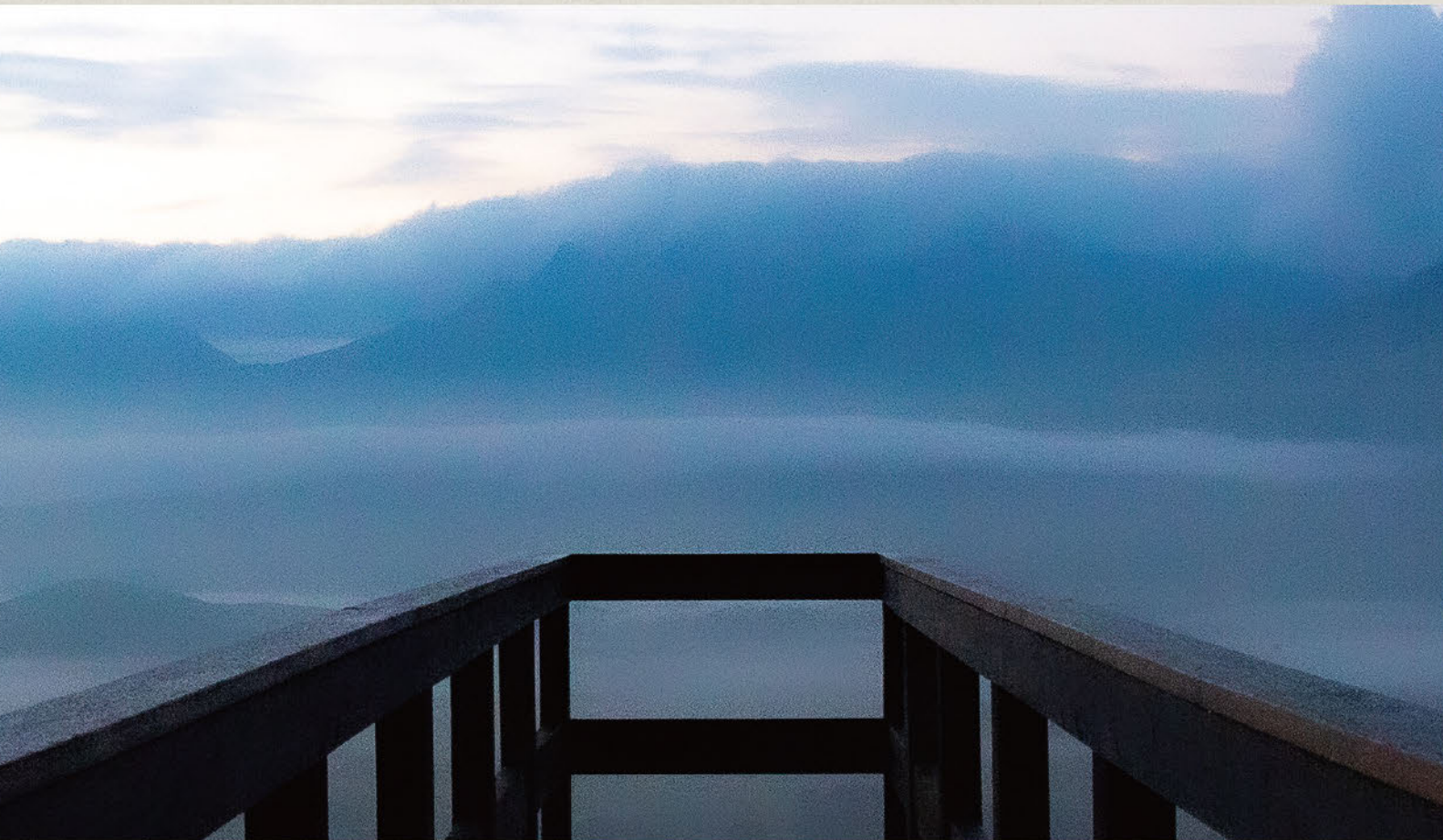
Oguni Town/Shibasaburo Kitasato Museum

Explore the world of Dr. Shibasaburo Kitasato, a renowned bacteriologist.

Dr. Shibasaburo Kitasato gained international renown for his research into the tetanus bacterium. In recognition of his accomplishments, his portrait was chosen to appear on the new 1,000-yen note in 2024. The grounds of this museum in Oguni Town, where Dr. Kitasato was born, preserve part of the house where he was born as well as the Kihinkan, where the physician stayed while he was visiting and where he entertained guests. The museum introduces the life and accomplishments of Dr. Kitasato through photographs, video, and other materials.



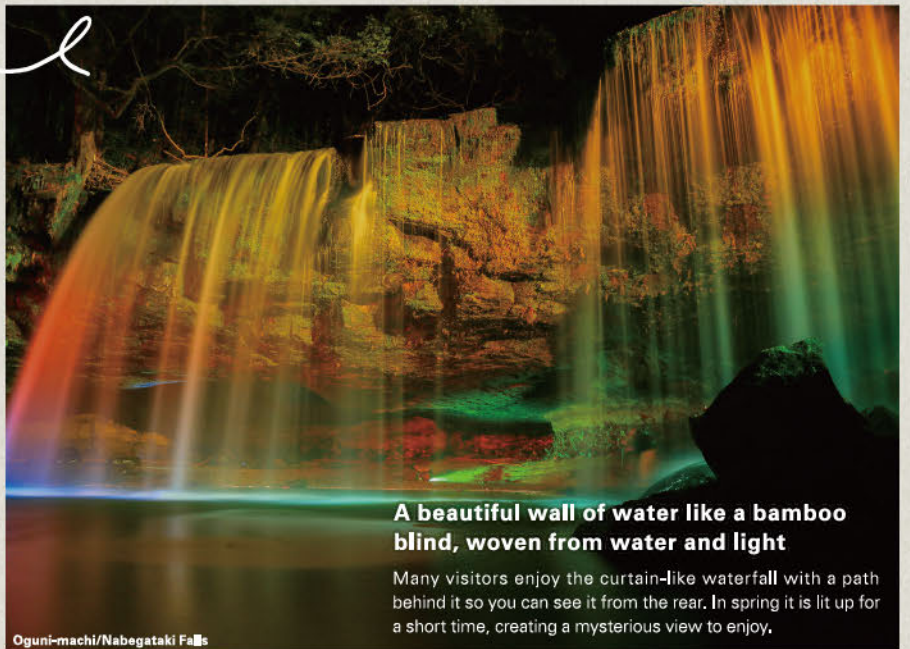
Minamiaso-mura/Shirakawa Riverhead



Ubuyama-mura/ Ogi terraced rice fields

Scenery left by those who went before us.

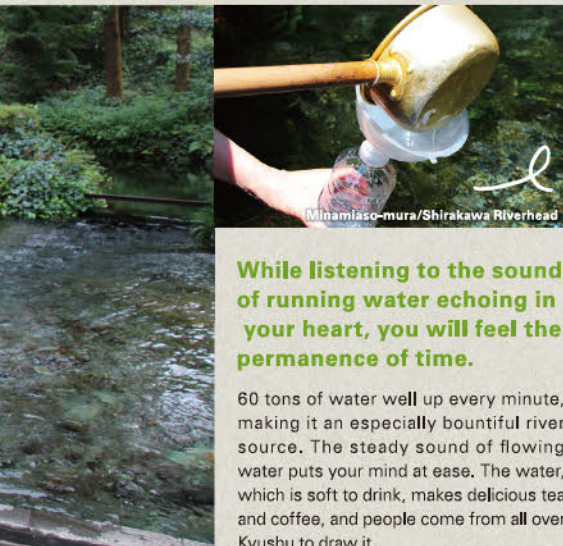
The beautiful Ogi terraced rice fields were chosen as one of the top 100 terraced rice fields in Japan. The terraced rice fields use water from the Yamabuki river source, which makes for delicious rice. Enjoy a relaxed-pace trip in traditional inns, eating traditional food.



A beautiful wall of water like a bamboo blind, woven from water and light

Many visitors enjoy the curtain-like waterfall with a path behind it so you can see it from the rear. In spring it is lit up for a short time, creating a mysterious view to enjoy.

Oguni-machi/Nabegataki Falls



Minamiaso-mura/Shirakawa Riverhead

While listening to the sound of running water echoing in your heart, you will feel the permanence of time.

60 tons of water well up every minute, making it an especially bountiful river source. The steady sound of flowing water puts your mind at ease. The water, which is soft to drink, makes delicious tea and coffee, and people come from all over Kyushu to draw it.



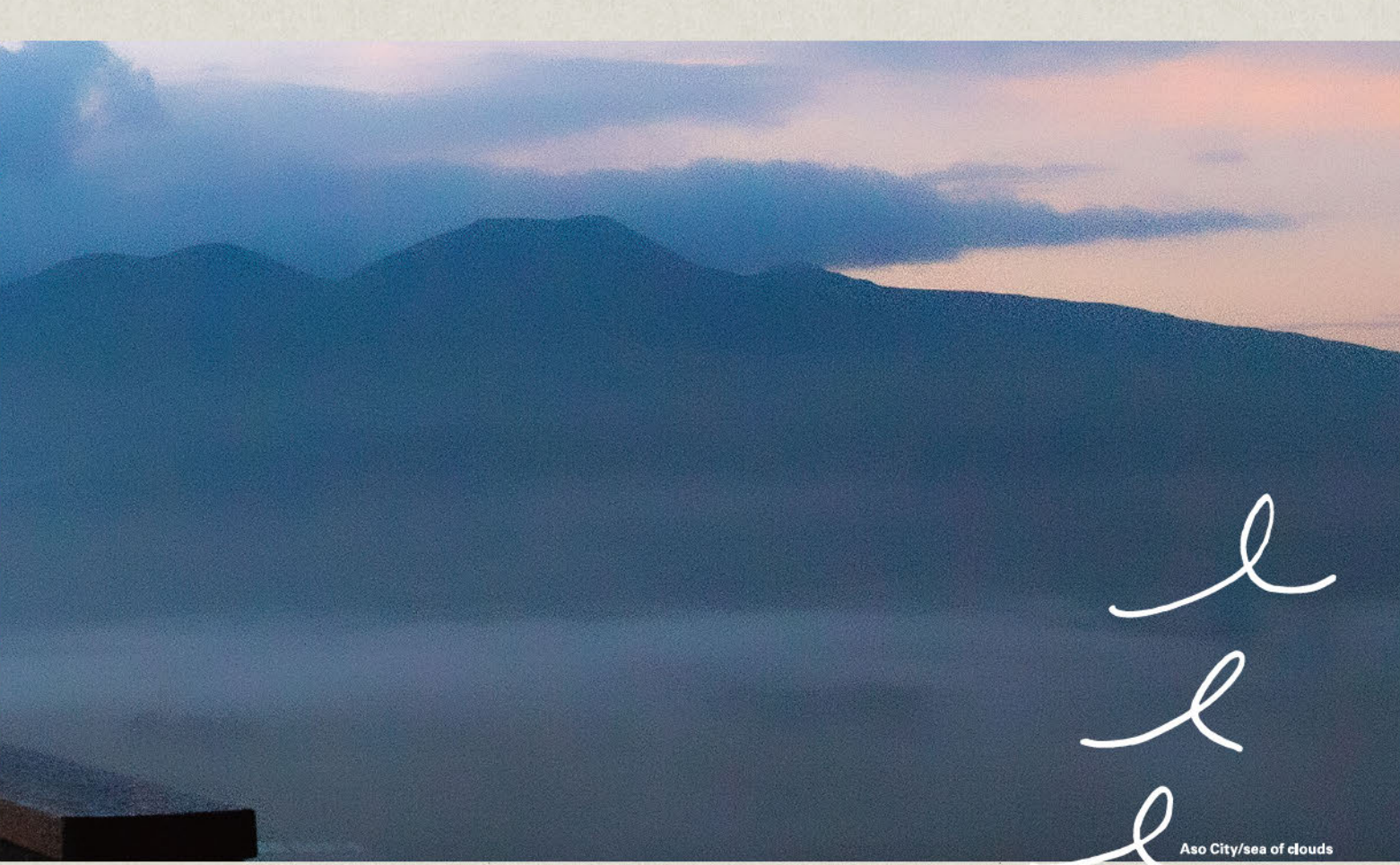
Takamori-machi/Minamiaso Railway Trolley Train



Takamori-machi/Kamishikimi-kumanoza Shrine

Sights of vast greenness that charm your heart in a village of fields of flowers.

Takamori Town, located on the south side between the outer crater and the Mt. Aso hills, is popular as one of the most beautiful spots in the Aso area. The temples and shrines on the sacred mountain of Aso are known as power spots, and the tranquil fields of blooming flowers, dengaku miso-based dishes and locally-raised chicken are the pride of the town.



lll
Aso City/sea of clouds



Yu-akari Festival: See this hot spring village come alive with light.

Thanks to its setting deep in the mountains and an array of traditional inns constructed so that they blend seamlessly into their natural surroundings, Kurokawa Onsen is one of Japan's premier hot spring villages. During a charming winter festival known as Yu-akari, visitors enjoy the other-worldly ambience created by bamboo lanterns lining the river flowing that flows through the village.

Minamioguri Town/Yu-akari Festival



Takachiho-cho (Miyazaki Prefecture)/Takachiho Gorge

Enjoy a tranquil moment and the finest views in the setting where the gods visited the earth.

The famous natural monument Takachiho Gorge is at the center of the Takachiho area, where one can feel the power of nature and the gods, home to shrines that are the settings of myths about how the gods came to earth. Enjoy traditional Japanese events, such as the Yokagura of Takachiho, a series of dances that take place at night between November and February.



Taketa City (Oita Prefecture)/Nagayu Onsen

Beautify your skin in the Kujyu Plain carbonated Onsen, one of few in the world.

Taketa City has been designated a Onsen Health Resort by the Ministry of the Environment. Among its features are one of very few carbonated Onsens in the world, which can be enjoyed at Nagayu Onsen. Beloved since ancient times as a resort for lords and a retreat for scholars, recently carbonated Onsens have been gaining attention for their benefits to the skin.



Yamato-cho/Soyo Gorge

Enjoy the changing face of the seasons on the Japanese plain.

This cliff is 200 m long and 10 km long, and forms an unusual U-shaped gorge. Also known as the "Grand Canyon of Kyushu," this vast gorge can be seen from the Nagasaki no Hana Observation Deck. A must-see during the autumn leaves season of late October to early November.

時の旅

Time Travel

Oita — Kumamoto

Toyonokuni Millennium
Heritage Tourism Zone

Aso Kujuu Tourism Zone

Time Travel



UNDISCOVERED JAPAN



豊の国千年ロマン観光圏

Toyonokuni Millennium Heritage Tourism Zone

Knowing our distant past is knowing our future.

Through the 5 eras, the Age of Gods, ancient times, Middle Ages, early modern and modern eras, that answer has been set in stone on our millennia-long trip through space and time.

Come and meet the people who have lived here and continuously protected the collective memory of Japan through the centuries.

History of thousands of years > Age of Gods > Ancient times > Middle ages > Early Modern times > Modern times

Explanation of Marks



×3 ... From 500 to 1000 A.D.

×2 ... From 1001 to 1500 A.D.

×1 ... From 1501 to 2000 A.D.

Age of Gods

Ancient times



Walk a thousand years of romance In a land devoted to the god Hachiman.

The northern part of Oita Prefecture, where the Kunisaki peninsula meets the mainland, is the best grain producing region in the prefecture, where one can find the bounty of both the sea and the land. Known as the birthplace of the portable shrines carried in festivals, "Omikoshi," this is a town where you can enjoy important historical properties such as Usa Shrine (the origin of the marriage between Shinto and Buddhism), stone bridges, and plaster reliefs, as well as beautiful natural scenery.

Usa City/Usa Jingu Shrine



Kunisaki City/Monjusenji Temple

Deep in the mountains, from the Nara period until today, the heart of the faithful remains unchanged.

The Kunisaki Peninsula is home to the unique Rokugo Manzan culture, made up of complex interactions between Shinto and Buddhism. It is home to the Monjusenji Temple, from which comes the saying "If you call 3 people you'll have the wisdom of the Bodhisattva," and Futagoji Temple, where it is said that 1300 years ago the god Usa Hachiman was transformed into Ninmon Bodhisattva. These temples have many outbuildings that are built to be one with the surrounding mountain.



The entrance to the journey through time is from a warm-hearted island watched over by a princess.

Located north of the Kunisaki Peninsula, "Himeshima" (Princess Island) is said to be where the gods Izanagi and Izanami were born. The name of the island comes from the name of the Himekoso Shrine, a shrine that honors women, where princesses are worshiped as goddesses. There are many other interesting sights, such as one of the only exposed obsidian layers in the country, Senindo.



Middle ages

Early Mod



Bungo-Takada City/Fukiji Temple



Nakatsu City/Nakatsu Castle (Okudaira Family Historical Museum)



Kitsuki City/Castle town



Bungo-Takada City/Tashibunosho

The wisdom and blessings of our ancestors, crystallized into a scenic heritage site.

In Bungo-takada City, where the Rokugo Manzan culture still remains, the oldest wooden building in Kyushu, a Designated Historical Treasure, is located at Fuki Temple. Nearby, Tashibunosho, a rural district with a history of nearly 1000 years, is a spot where you can experience the flow of history from ancient times to the Middle Ages.

Overflowing with the sense of the Edo era. Take a leisurely stroll in the "Historical District that goes well with Kimono."

Kyushu's Little Kyoto, Kitsuki, was the first city in Japan to get the designation of "Historical District that goes well with Kimono." The only castle town in Japan shaped like a sandwich, the samurai residence on the plateau looks over the merchant town in the valley. The townscape, which has served as a filming location in many period dramas, is characterized by rolling hills, and even today it leaves visitors with a strong sense of the ambiance of the Edo period. You'll feel like you've traveled back in time to that era of Japan's history.



Usa City/Usa Jingu Shrine

Modern times

Modern times



Come see the warm regard for scholarship that cuts through the ages.

Facing the bountiful Suonada Sea and overlooking Yabakei Gorge, the scholarly town Nakatsu, through which flows the Yamakuni River, has been home to many famous people, such as Fukuzawa Yukichi and Maeno Ryotaku. Bearing the footprints of the famous strategist Kuroda Kanbei, Nakatsu Castle and the surrounding castle town will stimulate your curiosity for history, medicine, education, and mountain Buddhism.



Hiji-machi/Castle town

The ruins of Hiji castle, connected to the Toyotomi family, where culture was born.

Hiji, which prospered as a port town, is the castle town surrounded by the ocean that was desired when the inner castle was built on the plateau overlooking Beppu Port. The third generation feudal lord of Hiji built overnight facilities for boats to wait for the tide or for wind before starting out. This facility, Kinkoutei, located in Fukae, is the only one of its kind still remaining in Japan.



Beppu City/Onsen Town

Nostalgia and warmth take root, and make this "hell" into a heaven.

Since the opening of Beppu Port in the 4th year of the Meiji era (1871), Beppu has developed into a lively Onsen town. Since it was spared firebombing in the second World War, Beppu still contains many important historical and cultural properties of Onsen culture. Since the Meiji era (1868-1912), Beppu has welcomed many people for the rich Onsens, sightseeing, and relaxation.



Beppu City/Takegawara Onsen

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Minamiaso Village/Rice paddies

風の旅



Oguni Town/Waiba Hot Spring Village

風の旅へ。
Space Travel.



Kunisaki City/Goma fire ritual at Monjusenji Temple

時の旅から、
From Time Travel to

風の旅から、時の旅へ。

From Space Travel to Time Travel.



Usa City/Gohyakurakan in Toko-ji-temple

時の旅

The Aso-Kuju Tourism Zone and the Toyonokuni Millennium Heritage Tourism Zone carry on the life force that has been here since ancient times. A popular sightseeing area in Kyushu where you can feel the vastness of nature and history. Come and enjoy a relaxing stay with new discoveries and experiences.



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# Recommended Restaurants /

## Aso Kujyu Tourism Zone



### Red beef

"Red Beef" cows are raised free range in the vast Aso plains. The meat is tender, with just the right amount of fat and mostly red meat. When you eat it your mouth fills with the rich umami flavor of the meat.



### Silk Sweet

Silk Sweet is a local delicacy produced in Aso's Nishihara Village. These delicious sweet potatoes are distinguished by their smooth, silk-like texture.



### Soba Road (Minamioguni Town)

Minamioguni Town, which is situated in a rich, natural setting, is famous for soba noodles and home to Soba Road, a collection of soba shops, each with its own personality and distinctive take on the dish.



### Chinese-style Soba (Taketa City)

Cotton, a restaurant that serves Chinese-style soba in Taketa, is popular for noodles and soup stock made with spring water drawn right next to the Kawauda Spring, which is part of a group of springs in Taketa that's been chosen as one of the 100 most delicious springs in Japan.

## Toyonokuni Millennium Heritage Tourism Zone



### Karaage Fried Chicken

Usa City is said to be the origin of the karaage fried chicken specialty shop, and Nakatsu City has been designated the Holy Land by the Japan Karaage Association. We recommend that you try the flavors of many different karaage shops.



### Himeshima Tiger Prawns

The tiger prawns that live around Himeshima in the Seto Inland Sea are known for their beautiful striped pattern, translucence, and crunchy texture. The Himeshima brand is one of the top class domestic brands.



### Jigoku mushi (steamed) pudding

Pudding steamed in the hot steam rising from the "Hell" (Onsen.) When you think of Beppu sweets, more and more people think "pudding," and there is a rich variety of flavors to enjoy.



### Beppu cold noodles

Beppu Chilled Noodles is a dish of chilled noodles served Japanese-style, developed by a chef who left China during the Showa era. Japanese-style dashi broth envelops smooth, springy noodles. The light, refreshing taste is very popular.

## Introduction to Traffic Network

### Airplanes



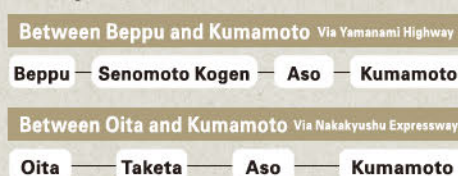
### Train



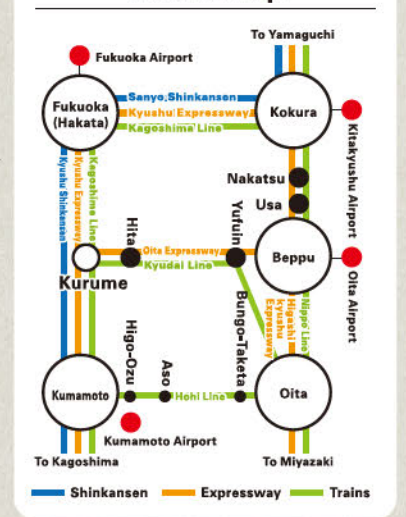
### Shinkansen



### City Bus



### Access Map



### Contact details

#### Aso Kujyu Tourism Zone

Aso Design Center  
(Public Interest Incorporated Association)  
4607-1 Ichinonryamachimiyaji, Aso-shi, Kumamoto-ken, 869-2612, Japan  
TEL:0967-22-4801 FAX:0967-22-4802  
HP:http://www.asodc.or.jp/



#### Toyonokuni Millennium Heritage Tourism Zone

Toyonokuni Millennium Heritage  
Tourism Zone  
11-8 Kyomachi, Beppu-shi, Oita Prefecture 874-0926  
TEL:0977-85-8511 FAX:0977-85-8516  
HP:https://www.millennium-roman.jp/



# Activities that invite you to feel the breeze (reservations required)

## Kumamoto Prefecture

The magnificent landscape created by Mt. Aso's caldera, considered one of the largest such formations in the world, has grasslands that stretch as far as the eye can see and dynamic scenery above which Mt. Aso towers. What better place to enjoy refreshing activities that invite you to become one with nature?

Aso City, Kumamoto

### Rakuen-Namino Buggy

Experience the exhilaration of exploring the rich natural setting of the area's *satoyama* mountains by ATV.

The Namino area is located at an elevation of 700 meters with the Kujyu mountains visible in the distance. This exhilarating activity has you exploring off-road in the area's *satoyama* mountains by ATV. There's no shortage of thrills on these rough, hilly mountain trails as they take you on a twisty route underneath the tree canopy!



Address: 795 Namino-ozono, Aso-shi, Kumamoto Prefecture TEL: 080-9242-8841 (Kashiki)  
Open: Saturdays and Sundays, public holidays Closed: Late December to mid-March  
<https://rakuen-namino.com/>

Aso City, Kumamoto

### Bokuya Ride

Keep this scenic landscape of grasslands and Mt. Aso all to yourself.

Enjoy a scenic landscape of beautiful grasslands that stretch as far as the eye can see and Mt. Aso as if it were your very own private retreat. You'll receive special permission to enter pastureland that's usually off limits with a guide as you sample the extraordinary beauty of the area on foot or by bicycle.



TEL: 050-3550-1362 (Fujiwara, Asotan Guide Tours) Dates: September to around May  
<https://www.aso-denku.jp/cycling/>

Aso City, Kumamoto

### El Patio Ranch

Enjoy a 360° panorama of vast grasslands from horseback.

Experience horseback riding while gazing out across the vast grasslands of Aso. With programs that range from walking through the area's valleys to exploring its hills by horse as you become one with nature, there's something for everyone, even beginners. Don't miss the sunset and moonlight trekking programs.



Address: 2305-1 Ichinomiya-machi-sanno, Aso-shi, Kumamoto Prefecture  
TEL: 0967-22-3861 Hours: 9:00 am to 5:00 pm, open year-round  
<https://www.frontierhorses.com/elpatioranch>

Aso Takamori Town, Kumamoto

### Takamori Truck Train

Enjoy the scenic countryside and surrounding mountains by trolley train.

With the full opening of the route in summer 2023, passengers will be able to ride all the way from Takamori Station to the new Higo-Ozu Station via Tateno Station (17.7 kilometers). Take a leisurely trip on this open-air trolley train while enjoying magnificent Mt. Aso and its surrounding scenic countryside.



Address: 1537-2 Takamori, Takamori-machi, Aso-gun, Kumamoto Prefecture  
TEL: 0967-62-0058 Closed: December through February <https://www.mt-torokko.com>

Yamato Town, Kamimashiki District, Kumamoto

### Canoe trips

Experience canoeing downstream of the Soyo Gorge, which has been chosen as one of the 100 most scenic ravines in Japan.

Even beginners can relax and have a great time thanks to robust support from an instructor.

Address: 824 Mamihara, Yamato-cho, Kamimashiki-gun, Kumamoto Prefecture TEL: 0967-74-4330 Dates: April through November  
<https://www.eco9syu.com/canoe/>



## Access between Aso Kujyu Tourism Zone



By Car

### Yamanami Highway

Prefectural Route 11 connects Mizuwake Pass in Yufuin, Oita Prefecture with Ichinomiya-cho in Aso City. Upon leaving the forest, the vast Kujyu mountains spread out before you on this popular driving course that runs to the outer crater of Mt. Aso.

### Nakakyushu Expressway

Heading south from Oita, National Route 10 meets up with the Central Kyushu Highway, which is open in places. This is the fastest way to the Oka castle ruins in Taketa or to the Kujyu Plain.



# Activities that invite you to experience time (reservations required)

## Oita Prefecture

Home to the Kunisaki Peninsula with more than 1,000 years of history, the quaint castle town of Nakatsu, and the hot springs of Beppu, Oita Prefecture offers many ways to experience Japanese history and culture. Interacting with a local guide is another aspect of the area's appeal.

### Kunisaki City, Oita **Kunisakihantou Minemichi Long Trail**

Experience Japanese history on a unique trail.

Buddhist monks from temples located in the Rokugomanzan area use this trail, which is unusual in how it lets visitors walk through nature while viewing shrines, temples, and stone images of the Buddha, for ascetic training once every 10 years. Among the trail's many sights, Ofudo Iwaya, an enormous cavity at the foot of a cliff, offers mysterious scenery. The spot is appealing for its relaxing atmosphere, which inspires visitors to enjoy slow, deep breaths.



Cost: From ¥21,000 per guide

### Kunisaki City, Oita **Zazen meditation at Senpuku-ji Temple**

A quiet time that brings you face to face with your own heart at an historic temple

You can experience *zazen* meditation and sutra-copying at Senpuku-ji, an historic temple that was the first Zen Buddhist ascetic training location in Kyushu. Priests offer kind instruction on how to meditate, including how to position your arms and legs, where to direct your gaze, and how to breathe. The experience offers a valuable chance to regulate your posture and breathing as you attain a state of mindlessness in a silent setting. If you spend the night, you can also enjoy a vegetarian breakfast and associated etiquette.



Address: 1913 Kunisakimachi-Yokote, Kunisaki City Cost: ¥1,300 (*zazen* meditation only)

### Nakatsu City, Oita **Miniature Japanese umbrella lantern-making**

Create a handmade lantern highlighting the traditional skills used to make Japanese umbrellas.

Create your very own handmade desktop lantern from bamboo and Japanese paper at Kyushu's only Japanese umbrella studio. Thanks to the traditional techniques used to make Japanese umbrellas, the soft light passing through the Japanese paper will take on an otherworldly appearance. Experienced craftsmen will offer careful guidance as you complete a one-of-a-kind creation. The hands-on program includes a meal featuring creative cuisine at a restaurant in a traditional house built 100 years ago.



Address: 901-1 Takajo-machi, Nakatsu-shi, Oita Prefecture  
Cost: ¥15,000 (including lunch and shipping)

### Beppu City, Oita

### Beppu "hell-steaming" tours

Learn about a traditional cooking method that's been used since the Edo period.

Experience "hell-steaming," a technique for cooking food in gases given off by a hot spring using a "hell cauldron" at the spring on the grounds of the Daikokuya. Simply place ingredients on a bamboo strainer, lower it into the cauldron, and wait a few minutes for the food to cook. Steam rich in minerals from the spring brings out the savory flavor of vegetables and meat. The famous hostess at the site's hot-spring inn keeps a variety of seasonal ingredients on hand. Includes a guided walk.



Address: 3 Kannawakami, Beppu-shi, Oita Prefecture  
Cost: ¥4,500 (includes ingredients, use of the cauldron, and guide)

To inquire or make a reservation

**Toyonokuni Millennium Heritage Tourism Zone**

(Hours: Weekdays 8:30 am to 5:00 pm)

TEL: 0977-85-8511 E-mail: [jikuhaku@millennium-roman.jp](mailto:jikuhaku@millennium-roman.jp)



## and Toyonokuni Millennium Heritage Tourism Zone.

### ■ Higashikyushu Expressway

It's hard to contain your excitement when you see the steam rising over the city streets of Beppu. Stop in at the Beppu Harbor Service Area to enjoy some of Japan's finest views as well as delicious food and sightseeing.



### ■ JR Hohi Line

This local train line runs from Oita Station through the rural region in the center of Kyushu, allowing you to enjoy rich natural views as you travel. Enjoy a relaxed trip while experiencing the vastness of the Aso caldera from the window.



### ■ JR Nippo Line

Railroads connect Kitakyushu in Fukuoka Prefecture to Kagoshima by way of Oita and Miyazaki. The tranquil rural setting of the Nakatsu-Usa area and the Beppu area coastline have many beautiful sights to be seen from your window, so we recommend you enjoy them by train.

# Area Map



## Travel information

\*As of January 2023 \*For the latest information, please view travel information from each prefecture.

**The Minami-Aso Railway is closed from Tateno Station to Nakamatsu Station (until August 2023).**