Let's go! Come join us!

Oh! Good!

MIYAZAKI

Miyazaki City General Tourism Guidebook

Miyazaki City Tourism Association (Public service corporation)
Every Second, Every Inch, ALWAYS
FUN! Miyazaki City HAPPY! Miyazaki City
DELICIOUS! MIYAZAKI CITY

Following the regular tourist route...?
While you’re here in Miyazaki City, why not explore a little more?
Wind, sky, ocean, sun... Immerse your body in Japan’s south...
Soak up the romance of myth and history... Savor delicious food...
With endless varieties of enjoyment, every second and every inch
Revitalize your body and soul!
Aoshima

This small island of 1.5 km in circumference is teeming with sub-tropical plants and is surrounded by curious wave-shaped rock formations known as the "Devil's Washboard". The gods of traditional myths are enshrined at Aoshima Shrine (p.4), and with the Hyuga Ancient Myths Hall (p.4), swimming beach, and sub-tropical botanical garden, this area is a South Seas paradise. Nearby facilities include hot springs and accommodations.

Miyakoh Botanic Garden Aoshima
☎0985-65-1042
©8:30〜17:00
📍Aoshima region map

A tropical atmosphere pervades these gardens, with palm trees such as the livistona (bibo) native to Aoshima, subtropical flowers, and tropical fruit trees.

Heiwadai Park
☎0985-35-3181
📍C.2

The Haniwa Garden is a popular park, with its atmosphere of times long past. An excellent walking course, it is the sister park of Hibiya Park in Tokyo.

Phoenix Seagaia Resort
☎0985-21-1111
📍D.2

This major destination features the Sheraton Grande Ocean Resort, as well as other accommodations, hot springs, spas, golf courses, tennis courts, and leisure facilities. This full resort experience offers limitless possibilities.

Horikiri Pass and Roadside Station "Phoenix"
☎0985-65-2773

Local Products Shop 8:30〜18:00,
Restaurant 11:00〜16:00
📍D.5

Known as the gateway to the Nichinan Coast, Horikiri Pass offers magnificent views of the beautiful oceanfront, all the way down to the wave-shaped "Devil's Washboard" rocks below. Roadside Station "Phoenix" features a restaurant and local products for sale, as well as an observation deck.

Miyazaki City Phoenix Zoological Park
☎0985-39-1306
©9:00〜17:00
📍D.2

Around 1,200 animals of 100 different species are kept here. As well as Asian elephants, a camel garden and a baby animal village, there is an amusement park and whirlpool (open in summer).

English Gardens
☎0985-32-1369
© 5月〜9月 9:00〜19:00
10月〜4月 9:00〜17:00
📍D.2

This garden and house were designed by a top English garden designer, Robin Williams.

Tachibana Park
📍Miyazaki City central map

Selected as one of the "Best 100 roads" of Japan. The path has a great view of rows of Phoenix palms and beautiful plants lining the area, as well as the Oyodo River that flows calmly. The area is especially known for the beautiful sunset that reflects off of the Oyodo River. This park was a memorable place that was praised in Yasunari Kawabata's novel, "Tamayura".
Miyazaki, the Home of Myth

Myth and History

Full of Romance

The stage of myth: a place of the gods.
Visit a shrine and feel the romance.
Walk the streets and sites alive with history.
Rediscover Miyazaki through its noble and dramatic history, traditions and culture!

Kota Shrine
☎ 0985-73-1411
🕒 Whenever

The main building and its 22 plaques are designated a national historical cultural treasure. To the left and right of the main building are Zakamiya Shrine and Imamiya Shrine, which are designated as prefectural cultural treaures.

Miyazaki Shrine
☎ 0985-27-4004
🕒 Oct. to Apr.: 5:30am to 5:30pm,
            May to Sep.: 5:30am to 6:30pm

The shrine is surrounded by a large forest filled with wild birds. At the Toshin Garden, there is a great Wisteria, which is estimated to be over 400 years old, and is designated a natural treasure.

Aoshima Shrine
☎ 0985-65-1262
🕒 Mar. to Oct.: 5:30am to dusk
            Nov. to Feb.: 6:00am to dusk

Located within Aoshima (p.3), this shrine is known for as a place for visitors to receive success in finding love.

Hyuga Ancient Myths Hall
☎ 0985-65-1262

Found within the grounds of Aoshima Shrine, the myth of Hyuga is explained with wax figures so that the story can be easily understood.

Inside Miyazaki Airport

Yumekagura, the marionette clock

The red color in the Kagura clock is the same as the color of the sun as it rises over the sea of the Hyuga-nada. The sepi and blue of the land and the washing board-coast of Aoshima make the perfect base. Dolls from the local Hyuga legend of the cave of the sun god, Amano-Iwato, appear from the clock once an hour. The Takekakemonomiko and Uzumenomiko dolls perform the Kagura dance with the beat of the talko drum.

The spot to get close to legend

Eda Shrine
☎ 0985-39-3743
🕒 Whenever

This is the oldest shrine in Miyazaki and the birthplace of many legends. This shrine has a history reaching back to the 10th century, with records of "Engi" ceremonies being performed at that time. The name of this shrine is recited in the "Kotodama" chant used at the ceremony in shrines nationwide.

Misogi-ike
☎ 0985-39-7308
(Management office)        ☎ 0985-39-6911
(Weekdays)        ☎ 0985-74-1518
(Weekends and holidays)
🕒 Whenever

Located within the Citizen’s Forest Park. Here, the deity Izanaki-no-mikoto, who had been chasing after Izanami-no-mikoto, fied to Misogi-ike from Yami, the underworld, to purify himself.

Miyazaki City
Sadowara Historical Museum Kakushokan
☎ 0985-74-1518
(Weekends and holidays)        ☎ 0985-39-6911
(Weekdays)
🕒 9:00am to 4:30pm

The three sections – the Great Hall, Study Hall and Tea Ceremony Room – display historical materials and local dolls.

Miyazaki History
and Culture Center
☎ 0985-39-6911
🕒 9:00am to 4:30pm

The displays give an easy introduction to the history, customs and myths of Miyazaki.

Miyazaki City Yasui Sokken
Memorial Hall
☎ 0985-84-0234
🕒 9:00am to 4:30pm

Ikime-no-mori Yukokan
Activities Center
☎ 0985-47-8001
🕒 9:00am to 4:30pm

Featuring possessions and materials left by Yasui Sokken, as well as archeological display rooms with earthenware and stoneware.

Displaying artifacts unearthed from the ikime burial mounds and sites within Miyazaki City. Visitors can also learn hands-on about fire making and Magatama bead crafting.

Amagajo Park
☎ 0985-82-1111
(Takaoka Municipal Offices)
🕒 9:00am to 4:30pm

At an elevation of 120 meters, this park makes for an excellent vantage point. There is a historical museum filled with the relics and culture of the Takaoka area, as well as sports facilities and a tea house. In the spring, the area is famous for its azaleas and cherry blossoms.

Miyazaki City Council of Volunteer Myth and Tourism Guides
Miyazaki City Tourism Association
TEL.0985-20-8658

Kakushokan Guides Association
(weekends and holidays only)
Sadowara Historical Museum TEL.0985-74-1518
Sports and Leisure
Golf, Marine Sports, Hiking. From leisure activities for the whole family to sports, Miyazaki has you covered! Also, you might want to go see a pro baseball or J-league soccer training camp.

Surfing and Marine Sports
Miyazaki faces out on to waters which are warmed by the currents and are a source of good wave action. Surfers and other marine sports enthusiasts can enjoy the waters off Miyazaki throughout the year.

Miyazaki Shirahama Auto Campground (COCONA)
☎ 0985-65-2052
[All Seasons] This campground has a tropical feel, has a hot spring nearby, and is convenient for visiting Aoshima.

Cottage Himuka
☎ 0985-21-1113
[All Seasons] The cottage stands in a grove of black pines, and visitors can camp privately at this country resort.

Kaeda Valley
📍 C-5
Only 17 kilometers from the city center, Kaeda Valley is filled with native flora such as evergreens, beech, and oak trees. Adventurous hikes, nature exploration, and camping await you in all four seasons of the year.

Hisamine General Park
☎ 0985-73-2782
📍 D-1
This park has several sports facilities. It offers great views, and in the spring it is a popular place to view cherry blossoms in bloom.

Kuratanai Hands-on Farm
☎ 0985-86-2960
📍 A-5
Located next to Tano Roadside Station, mountain goats, ponies, and other animals roam free here. This farm is a space where visitors can interact with the animals.

Kiyotake General Sports Park
☎ 0985-85-1148
📍 B-4
This park is equipped with a variety of facilities for relaxation, with a wide-open lawn area, large play structures, garden walking paths lined with flowers and fruit bearing trees, and rest areas.

Swimming Beaches
● Aoshima Swimming Beach
📍 Aoshima region map
● Shirahama Swimming Beach
📍 D-5
● Sun Beach Hitotsutsuka
📍 D-3
Miyazaki, in a word, is the seas! With Aoshima Swimming Beach (designated as one of Japan's top 88 beaches), Shirahama Swimming Beach with its neighboring Auto Campground, and Sun Beach Hitotsutsuka, where open green spaces and barbecue areas make for a great picnic, there's a beach for every kind of seaside pastime.

Nagisa no Koban
☎ 0985-65-1055
Aoshima region map
Various events are held throughout the year here. Lifeguards are posted and you can try various water sports. Tourism information is also available.

Midtown Marché
Morning Market on Camphor Avenue
With 80 stalls selling delicious food and products, even a Fureai Mart run by students at the agricultural high school.
(Opening Days)
1st and 3rd Sunday every month
Time: 8:00am to 12:00pm
Location: Prefectural Offices, Camphor Avenue

Sunday Market
📍 Miyazaki City central map
Featuring a selection of bread, sweets and other goods from local shops, as well as a pet adoption stall and works by local artists.
(Opening Days)
3rd Sunday every month
(Time) 11:00am to 5:00pm
(Location) Shiki St., Haikara St.

Town Market
📍 Miyazaki City central map
Boasting a huge collection of Miyazaki’s best items, with delicious, fresh ingredients and unique booths.
(Opening Days)
4th Saturday every month
(Time) 11:00am to 5:00pm
(Location) Ichibangai, Wakakusa St.

Kankan Market
📍 Miyazaki City central map
Miyazaki’s kitchen is open for you, offering great seasonal foods. Enjoy a friendly chat with the warmhearted market staff.
(Opening Days)
1st and 3rd Saturday every month
(Time) 11:00am to 5:00pm
(Location) Miyazaki City Wholesale Market
From nature, science, culture, and the arts, to history and daily lifestyles, engaging exhibits and sites will enlighten you and satisfy your boundless curiosity!

**Miyazaki Science Center**
- **Address:** Miyazaki City center map
- **Phone:** 0985-23-2700
- **Hours:** 09:00～16:30
- **Description:** The facility features a 40m high full-scale H1 Rocket replica, as well as a planetarium 27m across, one of the largest in Kyushu.

**Miyazaki Art Center**
- **Address:** Miyazaki City center map
- **Phone:** 0985-22-3115
- **Hours:** 09:00～22:00
- **Description:** With an exhibition space and a small hall, this is a space citizens can freely use for various activities, events, exhibitions, and concerts.

**Oyodo River Learning Center**
- **Address:** C-2
- **Phone:** 0985-20-5685
- **Hours:** 09:00～16:30
- **Description:** Here, you can learn all about the Oyodo River that flows through Miyazaki City through observing natural phenomena, hands-on experiences, and environmental education.

**Miyazaki Prefecture Art Museum**
- **Address:** C-3
- **Phone:** 0985-20-3792
- **Hours:** 10:00～18:00
- **Description:** As well as display rooms, the facility also houses a high-vision gallery, art library, arts studio and Art Hall.

**Miyazaki Prefectural Museum of Nature and History**
- **Address:** C-3
- **Phone:** 0985-23-2700
- **Hours:** 09:00～17:00
- **Description:** Learn about Miyazaki’s natural and human history and customs. The outdoor minka-en exhibit features a reconstructed Edo building.

**Nishitachi**
- **Address:** Miyazaki City center map
- **Description:** Miyazaki’s largest entertainment district, with more than 1,000 restaurants. Enjoy country-style warmth, sampling delicious drinks and Miyazaki’s own specialty foods.

**Seasonal flowers year-round**
- **Description:** Tropical Miyazaki has colorful flowers in bloom throughout the year. Their pretty blossoms bring a sense of peace and a smile to your face.

**Sarukawa Giant Gingko Tree**
- **Address:** Western Takeoka
- **Description:** 800-year old tree, 11.6m around, 35m high. A nationally designated natural monument, best seen in November.

**Kiyotake Giant Camphor Tree**
- **Address:** B-4
- **Description:** 900-year old tree, 13.2m around, 25m high. A nationally designated natural monument in the grounds of Funahaki Shrine.

**Florante Miyazaki**
- **Address:** D-2
- **Phone:** 0985-23-1510
- **Hours:** 09:00～17:00
- **Description:** A flower park where you can enjoy the beauty of each season. Savor the natural surroundings at leisure, from the beautiful green of the lawns, to the sample garden with thematic plant displays.

**Tarumizu Park**
- **Address:** C-2
- **Description:** Roughly 3,500 trees. A line of cherry trees about 1,000m long, commonly referred to as Cherry Road.

**Miyazaki Central Park**
- **Address:** D-2
- **Description:** A place to see cherry blossom in the middle of the city, close to Miyazaki Station.

**Amagojo Park**
- **Address:** A-2
- **Description:** Roughly 1,200 trees. During the Cherry Blossom Festival, the trees are illuminated at night creating a dreamlike atmosphere.

**Tenjinyama Park**
- **Address:** C-3
- **Description:** Roughly 400 trees. A popular spot close to the city, the park features a lookout with views across downtown Miyazaki.

**Citizen’s Forest**
- **Address:** D-2
- **Phone:** 0985-39-7308
- **Description:** This forest features Japanese irises, hydrangeas, water lilies, plum blossoms, and camellias among other flowers, and pine, oak, and maple trees provide ample shade. Open grass lawns and playgrounds make this area a great place for a picnic or a stroll.

**Miyazaki Park**
- **Address:** D-2
- **Description:** Roughly 800 trees. The walking tracks and lookout are great for cherry blossom viewing, and the trees are also illuminated at night.

**Brasserie Miyazaki**
- **Address:** Western Route
- **Description:** Enjoy tasty treats in a relaxing atmosphere with a view of the city.

**Flower Festival**
- **Address:** C-3
- **Description:** A festival held in April with a variety of flower-related events and exhibits.
Miyazaki is well known as a food-lover’s paradise.
From cuisine with fresh seafood and ripe produce, to popular local snacks, Miyazaki has it all!
In addition there are all kinds of lovingly crafted products and goods to catch your eye!

**Chicken Nanban**
One of Miyazaki’s most popular foods. A crispy fried chicken cutlet is smothered in sweet sauce and then topped with tartar sauce.

**Hiyajiru ("Chilled Soup")**
This is a staple household dish in Miyazaki. Mackerel, sesame seeds, and miso are blended in a bowl then fried, then mixed into a cold soup with tofu, cucumber slices, and spices. This soup is poured over rice for a great summer treat. It really cools you down even on the hottest days.

**Kama-age Udon ("Iron-pot noodles")**
This hot, hearty dish is thick, freshly boiled noodles in a soy-sauce based soup topped with tempura and spices. It is well-known in Miyazaki as the perfect late night snack after a round of drinking.

**Karamen Spicy Noodles**
Featuring firm, springy noodles called konnyaku-men in a fiery red soup. This spicy soup has a particularly delicious flavor, unique to each restaurant. Once you’ve tasted it, you will keep coming back for more.

**Miyazaki Beef**
Miyazaki beef has won two consecutive top beef in Japan titles at the National Competitive Exhibition of Wagyu. The beef is sweet and soft. Locals are very proud of it being the best quality beef in Japan.

**Miyazaki “Jitokko” Chicken**
This prized bird’s meat has a unique juicy tenderness. As they are few in number and hard to procure, the Jitokko has been nicknamed the “ghost chicken”.

**Lettuce Rolls**
Succulent shrimp and crispy lettuce are wrapped up with mayonnaise into a sushi roll. Very popular with children.

**Unagi (Eel)**
Miyazaki is 3rd in the nation for farm-raised eel production. The eels of Sadowara in Miyazaki City are well-known throughout the country for their tenderness and rich taste.

**Niku-maki Onigiri ("Meat-wrapped rice balls")**
A local specialty; pork strips marinated in a secret sauce; wrapped around rice balls and roasted in the oven.

**Aoshima Spiny Lobster**
Spiny Lobster fishing season is in the fall and winter, and fresh, lively, delicious spiny lobster can be had straight from the waters of Hyuga.

**Sadowara Whale Sweets**
It is said that the mother of Tadahisa, the 5th lord of Shimazu, wanted him to grow as big and strong as a whale, and so she created this playful sweet that looks like the giant sea creature.

**Takaoka Naga Manju ("Long Sweet Dumpling")**
This is a soft and chewy elongated dumpling snack. It is so popular in the area that all the local shops sell out by morning.

**Cheese Manju Dumpling**
Popularized by being a favorite of flight attendants, this cream cheese filled cookie born in Miyazaki has become famous nationwide.

**Shochu (Distilled spirits)**
Miyazaki’s Shochu liquor comes in rich range, including sweet potato, rice and barley. These masterpieces are created by the distiller’s art and the bounty of nature.
A relaxing hot spring after long travels
A welcoming and comforting hotel
Kick back and set your body and mind at ease
Relaxation and refreshment
It’s time for a good recharging!

Miyazaki Resort Hot Spring
"Tamayura no Yu"
Miyazaki Resort Hot Spring "Tamayura no Yu" is a natural hot spring alongside Oyode Kahan Tachibana Park, and its waters bubble up from the Earth at 45.6 °C.
Aoshima Hot Spring
"Densetsu no Yu"
This hot spring is located near the tourist area of Aoshima. The location is excellent, and there is a spectacular view of the seas of Hyuga from almost anywhere in the facility.
Takaoka Hot Springs
"Yasuragi no sato"
This hot spring is in the green forests of the Takaoka region. In the summer, fireflies dance in the clear waters that run through this area.

Ishizaki no Mori "HOGEIKAN"
This is a health and leisure center nestled away in a pine grove. There are baths that look out over a sweeping vista of the ocean and open sky. You can also enjoy swimming, exercises, massages, and delicious meals.

Member facilities of the Miyazaki City Tourism Association

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Miyazaki City Tourism Association (Public service corporation)
1-10 Nishiki Machi, Miyazaki City 880-0811
(Miyazaki Green Sphere Ichiban Kan 3F)
Phone number: 0985-20-8658

Miyazaki City Tourism Information Center (Inside JR Miyazaki Station)
1-8 Nishiki machi, Miyazaki City 880-0811
Reception 9:00-18:00 (Closed Jan 1&2)
Phone number: 0985-22-6469

Miyazaki City Tourism & Commerce Department,
Tourism Strategy Section
1-1-1 Tachibana Dori Nishi, Miyazaki City 880-8505
(Miyazaki City Hall Building No. 2)
Phone number: 0985-21-1791

Sports Plaza Miyazaki JERSEY
☎0985-33-9111 ☑️9:30am to 6:30pm (closed on Jan.1-2)

Rent-a-Cycle
●Reception & rental times: 10:00am to 6:00pm
●Cost: ¥500 (inc. tax)
* ID must be shown when renting
* A separate deposit of ¥1,000 is required when renting
* Customers must pay all costs due to lost keys or damage during use

Baggage Delivery Service
●Reception: 9:30am to 12:00pm
●Cost: ¥1,000 (inc. tax)

Miyazaki Bougainvillea Airport
Hands-Free Sightseeing Service Counter
☎080-9369-7090 (Solutions Co., Ltd.)
Reception: ☑️8:00am to 6:30pm

Hands-Free Sightseeing Service
●Cost: ¥1,000 (inc. tax)

Rental Wi-Fi

Short-Term Baggage Storage
●Cost: ¥1,000 [large] (inc. tax)
¥500 [small] (inc. tax)

Miyazaki City Tourism Mascot
“Missi-chan”

Miyazaki City Tourism Association (Public service corporation)
homepage
http://www.miyazaki-city.tourism.or.jp/