





记住后能用到的日语集 Useful Japanese Phrases to Memorize



酒店 Hotel		请登记注册 Chekkuin onegaishimasu	チェックイン お願いします。
饮食店 Restaurant		请给我看菜单 Menyu o misete kudasai	メニューを 見せてください。
		要●● ●● o kudasai	●●をください。
		要这个 kore kudasai	これください。
出租车 Taxi		请带去这里 koko ni tsureteitte kudasai	ここに連れて 行ってください。
总体 The whole		请告诉我去这里的路 koko e ikumichi o oshiete kudasai	ここへ行く道を 教えてください。
		请拍照片 shashin o totte kudasai	写真を 撮ってください。
		洗手间在哪里？ otearai wa doko desuka?	お手洗いは どこですか？



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A Paradise of Food, Nature, and Fun

宫崎

旅游指南

Miyazaki Travel Guide



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miyazaki shun navi

検索



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欢迎来到
宫崎

Welcome to Miyazaki



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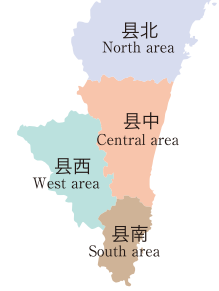


宫崎县全县地图

Miyazaki Prefecture Map



宫崎县地区图
Figure of Miyazaki Prefecture





体验大自然的生机， 巡游文化遗产

Tour our Breathtaking Nature and Cultural Sites



最佳时间
全年

宫崎市 日南海岸·堀切岭

Nichinan Coast, Horikiri Pass

MAP P4-G4

穿过山路，映入眼帘的是一片汪洋大海，让人万分激动。山岭各处栽种着各种花儿，每个季节都能欣赏到不同的风光。

After weaving through mountain roads you cannot fail to be impressed by the vast expanse of the sea as it comes into view. Flowers are planted along the pass, making each season all the more lovely.

高千穗町 高千穗峡谷

Takachiho Gorge

MAP P3-A3

高达100m的柱状石壁耸立在相距5~10m两岸。游客不仅可以在溪谷漫步，也可以乘船游览。

Columnar rock formations of precipice walls rise up to heights of 100 meters on both sides, separated by a width of 5 to 10 meters across. The gorge is great for both strolls and for boating.



最佳时间
全年



最佳时间
全年

宫崎市 青岛

Aoshima

MAP P4-F4

被一种称作“鬼神洗衣板岩石”的条纹状岩石所包围的小岛。岛上蒲葵树等亚热带植物丛生，还建有青岛神社，所以也被当作神圣的地方。

★★ 米其林·绿色导游·japon (2星获得)

Luxuriously awash with subtropical plants such as the Chinese fan palm, this small island is also surrounded by a wave rock formation known as the Devil's Washboard. The island is also home to Aoshima Shrine, making it sacred ground. Michelin Green Guide Japan (Awarded 2 Stars)



最佳时间
全年

日向市 马之背·十字海

Umagase, Sea Cross

MAP P3-C4

马之背在柱状断崖连绵的日向岬上拥有最壮观的景色。另外，因为岩石的原因而看起来像十字的十字海也非常受欢迎。

Umagase boasts impressive sights of columnar cliffs at Cape Hyuga. Also popular is the Sea Cross (Sea of Cruz), where erosion has carved a cross shape into nearby rocks, allowing the sea to flow in.

大自然穿越超过千年的时光编织出的生机勃勃的景色，以及散发古代浪漫气息的古墓群。拥有丰富多彩的自然资源、各个季节都由不同的花儿点缀着的宫崎平原。这个地区拥有大自然、历史遗迹、文化财产等多彩的魅力。

These burial mounds weave together over 1,000 years of history with the surrounding nature to create breathtaking views and a sense of ancient mystery. Rich with beautiful nature, the Miyazaki Plane is dotted with flowers throughout the year. The area offers plentiful and diverse attractions, from the great outdoors to history and cultural treasures.



最佳时间
3~5月、9~11月

西都市 西都原古墓群

Saitobaru Burial Mounds

MAP P3-D3

被认为建造于4世纪后期到6世纪的311座古墓散布在东西2km、南北4km的台地上。还可以欣赏到各个季节的花儿。

Some 311 burial mounds that were made from the latter half of the 4th century to the 6th century dot this 2 km (east to west) by 4 km (north to south) area. Enjoy seasonal flowers here as well.



最佳时间
全年

绫町 绫照叶大吊桥、川中自然公园 (绫照叶树林)

联合国教科文组织生物圈保护区

MAP P3-D2

Aya Teruha Great Suspension Bridge, Kawanaka Nature Park (Aya Evergreen Forest) UNESCO Eco-Park

有着日本最大规模的原生态照叶树林，还被认证为联合国教科文组织生物圈保护区。公园内的溪谷上横跨着一座用于散步的吊桥·照叶大吊桥。

The remainder of Japan's largest untouched evergreen forest has been designated as a UNESCO eco-park. Within the park is the Teruha Great Suspension Bridge that crosses over the ravine.



最佳时间
全年

延冈市 城山公园

Shiroyama Park

MAP P3-B4

延冈城遗迹，园内建有市内第一的展望台。公园里不仅栽种着四季各异的花儿，还自然生长着野生山茶，非常有名。

The park, centered on the remains of Nobeoka Castle, has the best views within the city. In addition to seasonal plantings of flowers the park is famous for the wild species of camellia that grows here.



最佳时间
全年

宫崎市 Florante宫崎

Florante Miyazaki

MAP P4-C4

公园一年四季都可以欣赏到花儿和其它植物。夏天举办灯笼节，冬天装饰彩灯，每一个季节都有相应的活动，非常热闹。

A park that lets you enjoy flowers and plants year-round. Seasonal events also occur, including the summer's lantern festival and the winter's illumination.



最佳时间
全年

宫崎市 阿波岐原森林公园 市民之森

Awakigahara Forest Park, Citizen's Grove

MAP P4-C4

在松林里，每一个季节都可以欣赏到不同的花儿，5月有菖蒲园的菖蒲，夏天有御池的睡莲，到了冬天可以欣赏到山茶园的山茶。在里面散步也是非常适合的。

Various flowers can be enjoyed through the seasons when taking a stroll here. In May you can enjoy the irises in the iris garden, in summer you can enjoy the lotuses in the pond, and in winter you can enjoy camellias and pine groves.



最佳时间
全年

日之影町 日之影町森林疗法

Hinokage Township Forest Therapy

MAP P3-A3

在这里，各个季节都能欣赏到不同的森林景观，也可以进行森林浴散步，漫步于拥有深V字谷的纲濑川、美丽的梯田之乡等。

The forests in this region can be enjoyed throughout the year. Go for a walk along the Aminose River in its deep V-shaped valley, or go out to visit the terraced rice fields.

美丽的日南海岸和雾岛山麓的风光

The Wonders of the Beautiful Nichinan Coast and the Kirishima Foothills



最佳时间
3~5月、9~11月

小林市 生驹高原 Ikoma Plateau MAP P3-D2

可以在雄壮的雾岛群山的背景下，欣赏到应季盛开的花儿。春天有油菜花，到了秋天，整座山丘则都会被大波斯菊所覆盖，景色美到极致。

With the majestic mountains of Kirishima as a backdrop, you can enjoy the various flowers that bloom through the changing seasons. In spring you can enjoy rape blossoms, and then in autumn you can enjoy cosmos flowers that cover the entire hillside.



最佳时间
3~11月

日南市 日南海岸·海中公园 MAP P3-G3

Nichinan Coast, Uminaka Park

延伸到南乡町周边。可以观赏到在色彩缤纷的珊瑚中游来游去的热带鱼。这里也是非常有人气的潜水胜地。

An expanse near Nango that is popular among scuba divers because of its multi-colored coral and the tropical fish that can be seen here.



最佳时间
全年

都城市 高千穗牧场 MAP P3-E1

Takachiho Ranch

饲养着牛、羊、小马等的观光牧场。也以景色优美而为人所熟知，在牧场上放眼望去，可以眺望到雄壮的雾岛连山。

Cattle, sheep and ponies are raised at this tourist ranch. The ranch looks out on the majesty of the Kirishima Mountains, and is known for its beautiful view.



最佳时间
6~8月

日南市 道路的车站南乡「蓝花楹森林」 MAP P3-G3

Road Station Nango: Jacaranda Grove

只栽种亚热带植物的植物园。这里的蓝花楹森林栽种着700株蓝花楹。5月到6月为盛花期，最适合观赏。

A botanical garden specializing in sub-tropical plants. The jacaranda grove here comprises 700 jacaranda trees. They are at their best from May to June.

放眼望去，海天交融，一片蔚蓝。在风光明媚的日南海岸国定公园同野生马和野生猿接触。雾岛连山包围的地区和高原，随着四季的交替，变换着其美丽的外衣，每每让到访之人怡然沉醉。

Sea and sky as far as the eye can see. At the scenic Nichinan Coast National Park you can get close to wild horses and monkeys. The beauty of the changing seasons in the regions and plateaus surrounding the Kirishima Mountains never fails to fascinate visitors.



最佳时间
6~8月

都城市 关之尾瀑布、瓠穴群 MAP P3-E2

Sekino-o Falls, Riverbed Holes

入选日本瀑布百选的名瀑布。瀑布上流分布着大大小小无数个由小石块撞击河底形成的石孔，这一瓠穴群也值得一览。

A famous waterfall selected as one of the best 100 waterfalls in Japan. At the top of the waterfall you can see riverbed holes of various sizes. These holes were formed by the scraping of small rocks on the river bottom - an interesting site indeed.



最佳时间
全年

高原町 御池 Miike MAP P3-E2

Miike

御池周围是被称作“御池野鸟之森”的森林。一年四季野鸟都很多，可以尽情观察。

Around the lake spreads the Miike Wild Bird Forest. There are many wild birds here year round, making this a great spot for bird-watching.



最佳时间
3~11月

串间市 都井岬 Cape Toi MAP P3-G3

Cape Toi

作为御崎马的栖息地而闻名。御崎马在全国范围内也是非常稀有的野生马，在这里，你可以近距离观察它。都井岬的绿色和大海交织出的绝景也是极佳的。

Known as the home of Japan's rare wild horses, a visit to the cape allows you to see horses up close. The combination of cape greenery against the backdrop of the sea makes for an extraordinary view.



最佳时间
全年

虾野市 虾野高原（雾岛地质公园） MAP P3-E1

Ebino Plateau (Kirishima Geopark)

高原周边耸立着20多座火山，也有包括大浪池在内的火山湖。四季各异的雄壮景观是一大魅力。

The plateau is surrounded by more than 20 volcanoes, as well as crater lakes such as Lake Onami. The changing of the seasons offer a variety of fantastic views.



最佳时间
全年

虾野市 巡游火山湖 Lake Tour MAP P3-E1

Lake Tour

巡游雾岛的三个火山湖——白紫池、六观音御池、不动池——的游山路线。可以充分体验到变化万千的大自然。

A trekking route that takes you to the three crater lakes of the Kirishima region: Lake Byakushi, Lake Rokkannon-miike and Lake Fudo. Take in the glory of changing surrounding nature.



最佳时间
全年

串间市 幸岛 Kojima MAP P3-G3

Kojima

作为野生日本猿猴的栖息地而闻名。这里对于生态研究也是非常宝贵的地方。仅看到猿猴自然的姿态就可以很满足。

Famous for the wild Japanese macaques that live here. Although valued for the research that occurs here, it is also fun to just come and see the monkeys as they are in nature.

宫崎的节日·活动

Festival/Event Of Miyazaki

日本最古老的史书《古事记》和《日本书纪》中记载的神话发祥地很多都在宫崎留存了下来。各地的庆典节日中，有很多都反映了那段历史。而自然资源丰富的宫崎独有的尽享四季的庆典活动也是非常丰富的。

Miyazaki is home to many locales that appear in Japan's oldest historical documents the Kojiki and the Nihon Shoki. Regional festivals in Miyazaki often include reenactments of this history. As Miyazaki is home to rich and beautiful nature there are also many events that allow you to enjoy the beauty of the four seasons.



宫崎市 青岛裸身神社参拜

Aoshima Naked Procession

在登场的山幸彦被把从海神话归还了的时候，是有按村民身穿衣服的空闲而感到懊悔的裸体的样子原封不动地迎接，做了的起源的节日。

This festival is said to have originated when the mythical Yukihiro was returned from the sea and nearby villagers, not having time to get dressed, ran naked to welcome him.

- 时间 / 1月成人之日
- 地点 / 青岛神社及其参拜道路

Times/Coming of Age Day in January
Locations/Aoshima Shrine and its Sacred Road

美乡町 木城町 师走祭

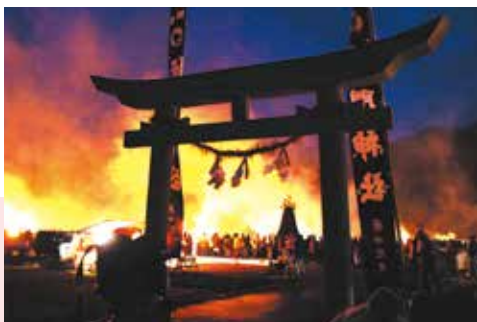
Shiwasu Festival

以供奉百济国王祜嘉王的神门神社为中心举办的表达他与儿子福智王之间父子会面的活动仪式。

An event that re-enacts the meeting of two Paekche kings, father and son, centered on Mikado Shrine, where the father is enshrined.

- 时间 / 1月下旬的星期五·六·日三天
- 地点 / 神门神社(美乡町)·比木神社(木城町)

Times/A Friday, Saturday, Sunday period in late January
Locations/Mikado Shrine (Misato Township),
Hiki Shrine (Kijo Township)



延冈市 延冈大师节

Nobeoka Daishi Festival

以拥有17m高，即日本最高的弘法大师像的今山大师为中心，举办文艺表演大会和物产展览会。

This festival holds performances and displays of local wares. The festival is centered around Imayama Daishi where the 17 meter tall statue of Kobo Daishi - the largest in Japan - can be found.

- 时间 / 4月第3个星期五·六·日 Times/The Third Friday, Saturday and Sunday in April
- 地点 / 今山大师周边 Locations/Around Imayama Daishi Temple



日南市 花立公园樱花节

Hanatake Park Cherry Blossom Festival

约1万棵樱花树开花，规模达到了九州第一。节日期间，还会举办夜间亮灯和其它活动。

This is the best cherry blossom festival in Kyushu. Around 10,000 cherry blossom trees are in bloom. During the festival period you can also enjoy illuminations at night and various events.

- 时间 / 3月中旬~4月上旬
- 地点 / 花立公园

Times/From mid-March through early April
Locations/Hanatake Park

美乡町 御田祭 Onda Festival

祈求丰收和无病无灾的传统插秧祭。牛马在中宫田到处乱跑，溅起阵阵泥水的景象值得一看。

At this traditional rice-planting festival people pray for a rich harvest and for a year without illness. Among the sights to see is the racing of cows and horses through the paddy fields.

- 时间 / 7月第1个星期六·日
- 地点 / 田代神社

Times/The first Saturday and Sunday in July
Locations/Tashiro Shrine



宫崎市 天城开门节

Amagajo Kaimon Festival

公园内约1000棵樱花树和5万株杜鹃花竞相盛放。节日期间还会举办舞台活动。

This park boasts roughly 1,000 cherry trees and 50,000 azalea bushes. During the festival various staged events occur as well.

- 时间 / 3月下旬的星期六·日
- 地点 / 天城公园

Times/A Saturday and Sunday in late March
Locations/Amagajo Park



宫崎市 青岛太平洋马拉松

International Aoshima Pacific Marathon Marathon

路线途经可以看到青岛和太平洋的海岸线和宫崎市中心部，所以很有人气。

The Coast Line and the route that runs along the center of Miyazaki City looks out over Aoshima and the Pacific Ocean.

- 时间 / 12月上旬
- 地点 / 宫崎市

Times/Early December
Locations/Miyazaki city



延冈市 北川萤火虫节

Kitagawa Firefly Festival

可以在北川沿岸的观赏地欣赏到只栖居在清流间的源氏萤火虫的乱舞姿态。

At the Kitagawa River you can observe the erratic flights of fire flies along the river banks. Fire flies gather here because of the rivers clear, clean water, which they need to grow to maturity.

- 时间 / 6月上旬
- 地点 / 北川综合运动公园

Times/Early June
Locations/Kitagawa Comprehensive Activities Park

日向市

日向胡陶克（面具）夏季节

Hyuga Hyottoko Summer Festival

可以看到参加者穿着红色和服，拿着布手巾，戴着胡陶克等面具，跳着滑稽搞笑的舞蹈。

Enjoy watching local residents perform funny dances while wearing red kimono, head wraps, and colorful and interesting masks.

- 时间 / 8月第1个星期六
 - 地点 / 日向市站前交流广场、日向市市区
- Times / The first Saturday in August
Locations / Hyuga City Eki-mae Koryu Plaza, Downtown Hyuga City



椎叶村

椎叶平家节 Shiiba Heike Festival

重现了被讴歌为日版“罗密欧与朱丽叶”的平家公主与源氏武将之间悲壮的爱情故事的游行队伍非常精彩。

The highlight of this festival is the procession that re-enacts the doomed love between the Heike princess and the Genji military commander. This tale is known as the Japanese version of Romeo and Juliet.

- 时间 / 11月第2个星期五·六·日
 - 地点 / 鹤富屋敷·村公所旁中央舞台·上椎叶街道
- Times / The second Friday, Saturday and Sunday in November
Locations / Tsurutomi Yashiki, Yakuba-yoko Central Stage, Kamishiiba Kaido Street



庆典活动



日南市 诹肥城下节 Obi Castle Town Festival

地方艺术和武士队伍等在市里盛装游行，还会举办传统的四尺五寸射箭大会等。可以充分体验到城下町风情的节日。

This festival offers a rich taste of life in a castle town, including a parade through the city featuring local arts and samurai processions, traditional quarterly events, and more.

- 时间 / 10月第3个星期六·日
 - 地点 / 诹肥城下一带
- Times / The third Saturday and Sunday in October
Locations / The Entire Obi Castle Town Area

串间市

都井岬火祭

Cape Toi Fire Festival

起源于大蛇传说，将火把投到柱子底部，让火自下而上燃烧至高达30米的柱子顶端。是非常壮观的火祭。

An incredible fire festival where burning torches are thrown at a 30 meter high column. This festival is based on the great snake legend.

- 时间 / 8月下旬的星期六·日
 - 地点 / 旧都井岬饭店广场
- Times / A Saturday and Sunday in late August
Locations / former Cape Toi Hotel-mae Plaza



高锅町 高锅城灯笼节 Takanabe Castle Lantern Festival

将放于高锅城址舞鹤公园及其周边会场的1500多盏灯笼点亮，非常梦幻。

A spectacular event where more than 1,500 lanterns placed in Maizuru Park at the remains of Takanabe Castle and in the surrounding venue are all lit at once.

- 时间 / 10月10日前后的星期六·日
 - 地点 / 舞鹤公园周边及町内商业街
- Times / The closest Saturday and Sunday to 10 October
Locations / Maizuru Park Environs and the Downtown Area



西都市

西都古墓祭 Saito Burial Mound Festival

在日本神话的舞台·西都原古墓群举办的庆典活动。在御陵墓前广场举办的“火焰祭典”非常值得一看。

This festival is held at the stage of Japanese mythology - the Saito Burial Grounds. The Fire Festival held at Goryobo-mae Plaza is a sight you do not want to miss.

- 时间 / 11月第1个星期六·日
 - 地点 / 西都原御陵墓前广场
- Times / The first Saturday and Sunday in November
Locations / Saito Goryobo-mae Plaza



宫崎市

宫崎神宫大祭

Miyazaki Shrine Grand Festival

身穿历史画卷般的服装的人在宫崎市市区列队游行。到了晚上还会举办舞台活动等，非常热闹。

Performers in this parade march through downtown Miyazaki City wearing costumes similar to what you would see in ancient scrolls. At night various stage events are held.

- 时间 / 10月下旬的星期六·日
 - 地点 / 宫崎神宫及宫崎市市区中心
- Times / A Saturday and Sunday in late October
Locations / Miyazaki Shrine and Downtown Miyazaki City



高千穗町

高千穗夜神乐

Takachiho Nighttime Shinto Music and Dancing

在神话之乡·高千穗町内举行的祭奠活动，感谢并祈求五谷丰登。彻夜表演33种神乐舞。

Held in Takachiho, the home of Japanese mythology, this festival is for offering prayers and thanks for abundant harvests. A total of 33 dances are performed throughout the evening.

- 时间 / 11月下旬~2月上旬
 - 地点 / 高千穗町内各地的神乐宿
- Times / From late November to early February
Locations / Shinto Music and Dance Accommodations within Takachiho Township



温泉

Hot Springs

Miyazaki boasts numerous springs that are fed by rich natural resources and warmed by volcanoes such as Aso in the west and Kirishima in the south. Select your hot spring according to the affects you desire (e.g. stress relief, better overall health, clearer skin) or by the surrounding view.

宫崎西临阿苏，南接雾岛，与火山群相邻，可谓占尽地利之势，而且其自然资源丰富多彩，孕育出了众多泉水地，这也是其一大优势。可以根据多种多样的泉质选择温泉和住宿，在泡温泉的同时还能欣赏周围的景色，利于消除疲劳、健康美肤等。



宫崎市 青岛温泉 Aoshima Hot Springs **MAP P4-F4**

拥有足够多的温泉和住宿设施，可以在泡温泉的同时眺望眼前一望无垠的大海。

Take in a view of the Pacific Ocean as you bath at a local hot spring. Limited only at a few local hotels in this area.

【咨询】(抒情旅馆 地藏庵) ☎0985-65-0039 / (全日空假日度假酒店) ☎0985-65-1555 / (HOTEL GRANTIA AOSHIMA 太阳阁) ☎0985-65-1531 / (青岛 Grand Hotel) ☎0985-65-0111 / (青岛观光酒店) ☎0985-65-1211 / (Hotel Route-Inn 宫崎青岛) ☎0985-55-4122 / (青岛 Cinqmale) ☎0985-55-4390

【Inquiries】(Jizoan, the Lyric Poetry Inn) ☎0985-65-0039 / (ANA Holiday Inn Resort Miyazaki) ☎0985-65-1555 / (Hotel Grantia Aoshima Taiyokaku) ☎0985-65-1531 / (Aoshima Grand Hotel) ☎0985-65-0111 / (Aoshima Kanko Hotel) ☎0985-65-1211 / (Hotel Route Inn Miyazaki Aoshima) ☎0985-55-4122 / (Aoshima Cinq Male) ☎0985-55-4390

宫崎市 TAMAYURA温泉 Tamayura Baths **MAP P4-D3**



从宫崎市中心部的大淀河畔涌出的温泉。有3处住宿设施供选择。

A hot spring located in central Miyazaki on the Oyodo River front. Enjoy three different accommodation facilities.

【咨询】(宫崎观光酒店) ☎0985-27-1212 / (酒店金住) ☎0985-25-3455

【Inquiries】(Miyazaki Kanko Hotel) ☎0985-27-1212 / (Hotel Kanazumi) ☎0985-25-3455

宫崎市 松泉宫 Shosenkyu **MAP P4-C4**



有大浴场、露天浴池和单间利用的单独浴池等，可以享受多种温泉。

Enjoy various types of hot springs, including large bathing pools, outdoor bathing, and private bathing rooms in a separate area.

【咨询】(松泉宫) ☎0985-21-1111

【Inquiries】(Shosenkyu) ☎0985-21-1111

绫町 绫温泉「照叶之汤」 Aya Hot Springs: Shoyo No Yu **MAP P3-D2**



大浴场里有酒浴池、药汤浴池等，旅店客房里也有丝柏浴池。

The large bathing pools include sake baths and medicinal baths, and the overnight guest rooms also feature cedar bath tubs.

【咨询】(藏元 绫 酒泉之杜) ☎0985-77-2222

【Inquiries】(Kuramoto Aya Shusen No Mori) ☎0985-77-2222

宫崎市 **MAP P4-B4**



石崎之杜 欢鲸馆
Tshizaki Kangeikan: Hoerukamu

都城市 **MAP P3-E2**



青井岳庄
Aoi-dake Inn

木城町 **MAP P3-D3**



木城温泉Yurara
Kijo Hot Springs: Yurara

西米良村 **MAP P3-C2**



西米良Yutato
Nishimera Yutato

高千穗町 天岩户温泉 Amanoiwato Hot Springs **MAP P3-A3**



有源于高千穗神乐的大浴场和桑拿等。

There is a large bathing pool and sauna at this hot spring, which is themed around kagura, the traditional dance famous in Takachiho.

【咨询】(天岩户温泉) ☎0982-74-8288

【Inquiries】(Amanoiwato Hot Springs) ☎0982-74-8288

虾野市 白鸟温泉上汤·下汤 Shiratori Hot Springs: Ueyu, Shitayu **MAP P3-E1**



位于虾野高原山脚的温泉。也有露天浴池和蒸气浴室等。

A hot springs located at the foot of the Ebino Plateau. Features outdoor bathing, steam bathing and more.

【咨询】(上汤) ☎0984-33-1104 / (下汤) ☎0984-33-3611

【Inquiries】(Ueyu) ☎0984-33-1104 / (Shitayu) ☎0984-33-3611



美乡町 **MAP P3-C3**



南乡温泉山雾
Nango Hot Springs: Yamagiri

都城市 **MAP P3-E2**



观音樱之乡
Sakura-no-sato

日之影町 日之影温泉站·TR列车旅馆 Hinokage Hot Springs Station, TR Train Inn **MAP P3-B3**



已全线废止的列车车厢直接用作简易住宿设施。

Train cars that sit on an unused rail line have been converted into relaxing places to stay.

【咨询】(日之影列车旅馆有限责任公司) ☎0982-87-2600

【Inquiries】(Hinokage Train Inn Limited Liability Cooperative) ☎0982-87-2600

高原町 汤之元温泉 Yunomoto Hot Springs **MAP P3-E2**



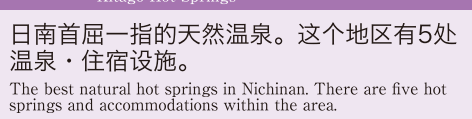
略带红色的碳酸氢钠泉，别名“苏打泉”很受欢迎。

This spring contains sodium bicarbonate and has a reddish tint. This popular hot spring is also known as the Cider Springs.

【咨询】(汤之元温泉) ☎0984-42-3701

【Inquiries】(Yunomoto Hot Springs) ☎0984-42-3701

日南市 北乡温泉 Kitago Hot Springs **MAP P3-F3**



日南首屈一指的天然温泉。这个地区有5处温泉·住宿设施。

The best natural hot springs in Nichinan. There are five hot springs and accommodations within the area.

【咨询】(北乡 音色香之季·合欢之花) ☎0987-21-7110 / (Hotel J's 日南 Resort) ☎0987-55-3333 / (Sun Cherry 北乡) ☎0987-55-3611 / (北乡温泉旅馆 丸新庄) ☎0987-55-2953 / (蜂之巢Cottage) ☎0987-55-3828

【Inquiries】(Kitago: The Season of Sound, Color and Fragrance, Nemu-no-hana) ☎0987-21-7110 / (Hotel J's Nichinan Resort) ☎0987-55-3333 / (Sun Cherry Kitago) ☎0987-55-3611 / (Kitago Hot Springs Inn: Marushin-so) ☎0987-55-2953 / (Hachinosu Cottage) ☎0987-55-3828

都城市 **MAP P3-E2**



山田温泉“汤噗噗”
Yamada Hot Springs Yupoppo

虾野市 **MAP P3-D1**



京町温泉
Kyomachi Hot Springs

体验 · 运动

Cultural Activities and Sports

要想进一步的了解宫崎，就要体验这个地区独有的风土人情。通过运动和休闲娱乐享受宫崎丰富多彩的气候风土，再通过创作体验让旅程变得更加充实丰满。

To better know Miyazaki, experience the various activities that each region has to offer. Miyazaki's varied climate allows you to enjoy a variety of sports as well as leisure activities and creative activities.

陶艺 · 印染 · 纺织品

Pottery, Dyeing, Weaving

绫町

MAP P3-D2



在体验实习馆，全年都可以体验陶艺、印染和纺织。

At the hands-on learning center you can experience making pottery, dyeing, and weaving at any time of the year.

【咨询】(绫国际手工艺城) ☎0985-77-1223

【Inquiries】(Aya International Craft Castle) ☎0985-77-1223

体验雕刻

Hands-on Carving

高千穗町



装饰神乐舞场四周的剪纸。既是吉祥物，也适合做特产。

The paper cutouts are used to decorate the four corners of a Kagura stage. These are used as good-luck charms and make for excellent souvenirs as well.

【咨询】(高千穗町观光协会) ☎0982-73-1213

【Inquiries】(Takachiho Township Tourist Association) ☎0982-73-1213

采摘水果

Fruit Picking

小林市



1月~5月，可以采摘温室栽培的草莓，9月可以采摘梨和葡萄。

January through May is a great time to pick greenhouse-grown strawberries. In September you can enjoy picking Asian pears and grapes.

制作陶俑 · 勾玉

Haniwa Magatama Jewel Creation

西都市

MAP P3-D3



开设16类体验讲座，让你得以体验古代人的生活。

There are sixteen different courses that allow you to experience what life was like during ancient times.

【咨询】(古代生活体验馆) ☎0983-41-0041

【Inquiries】(Ancient Lifestyle Center) ☎0983-41-0041

捞飞鱼

Flying Fish Catch

串间市



从海港开船到海里，用诱鱼灯打捞聚集在海面下的飞鱼。

After setting out from the harbor you will use lights to attract flying fish to the surface of the sea, from which you scoop them up in small nets.

【咨询】(串间市东渔业合作社) ☎0987-76-1515

【Inquiries】(Kushima City Higashi Fishing Cooperative) ☎0987-76-1515

农家民宿

A Night in Farmhouse

县内各地



在县内的农村开展。住在农家，体验宫崎的农家生活。

Developed within the prefecture's farming villages. Stay at a farmhouse to experience the life of a Miyazaki farmer.

冲浪

Surfing

县内各地

MAP P3-A4~G3



县内各地都有变化多端的场地，一年四季都有波涛，是日本冲浪的圣地。

The surf capital of Japan. There are waves here year-round. Various points throughout the prefecture offer a variety of wave types.

钓鱼

Fishing

县内各地



县内的海港和海岸都设有钓鱼场，宫崎临海公园里甚至设有钓鱼公园。

There are places to fish at the various harbors and coastlines within the prefecture. There is a fishing park within Miyazaki Seaside Park as well.

滑雪

Skiing

五濑町

MAP P3-B2



位于日本最南端、拥有海拔1610m的滑雪场的天然滑雪场。

Located at the southernmost point in the prefecture, this natural ski area features slopes that reach an altitude of 1,610 meters.

【咨询】(五濑高地滑雪场) ☎0982-83-2144

【Inquiries】(Gokase Highland Ski Area) ☎0982-83-2144

潜水

Diving

县内各地



在宫崎，潜水也受欢迎。受到黑潮带来的恩惠，可以看到珊瑚礁以及热带鱼。

Diving is also popular in Miyazaki. Thanks to the refreshing benefits of the Kuroshio you can see coral reefs and tropical fish.

县内各地



骑马 Horseback Riding

木城町



皮划艇 Canoeing

高尔夫

Golf

县内各地



南国宫崎即使在冬天，草坪也是绿油油的，所以在各地都可以打高尔夫球。代表日本的职业比赛也在这里举办。

Enjoy golfing year-round in Miyazaki, where the courses remain green in winter, and where Japan's pro tournaments are held.

观看运动的营地训练

Sport Camp Spectating

县内各地



在宫崎职业棒球和足球的营地训练十分热闹。推荐2~3月、10月~11月两个季节去观看。

Miyazaki is a hot place for pro baseball and soccer sport camps. Two seasons are recommended: February through March and October through November.

公园高尔夫

Park Golf

宫崎市

MAP P4-F4



有4个海风吹拂、葱葱郁郁的高尔夫球场，36个球洞。大人小孩都能玩。

Enjoy rich greenery and ocean breezes at 4 different 9-hole courses. Fun for the whole family.

【咨询】(青岛公园高尔夫球场) ☎0985-65-1113

【Inquiries】(Aoshima Park Golf Course) ☎0985-65-1113

山间徒步(olle)

Trekking (Olle)

县内各地



雾立越，高千穗，雾岛等的季节的魅力满载。高千穗九州olle的套餐也被维修保养了。

Experience the many charms of the seasons at Kiritachigoe, Takachiho, and Kirishima. Takachiho is also outfitted with a Kyushu Olle course.

小林市



观星 Astronomy

日南市



人力车 Rickshaws



料理

Cuisine

Miyazaki is an agricultural prefecture with a bright shining sun and fertile farmlands. It is a treasure trove of foods and has delicacies from both the sea and mountains. The richness of Miyazaki offers a full line of gourmet possibilities.

宫崎是一个阳光灿烂、土壤肥沃的农业县。也是食材的宝库，既有山珍，也有海味。这样的宫崎，其肥沃的土壤培育出的美食也都是绝品。



炭烤土鸡 Charcoal-grilled Local Chicken

用炭火将土鸡慢慢烤到恰到好处的焦黄色，是代表宫崎的土鸡料理。

Char-grilled chicken is a staple of Miyazaki cuisine. This dish is made by slowly grilling chicken to perfection over an open flame.



宫崎牛肉 Miyazaki Beef

宫崎引以为豪的品牌和牛，被评为拥有日本第一的肉质。

Miyazaki's very own brand of Japanese beef, rated the best in Japan for quality of meat.



日向南瓜酱菜 Hyuga Pumpkin pickled in Miso



诹肥天 (炸诹肥) Obi Tempura



洋生菜卷 Lettuce Wraps

发祥于宫崎的寿司卷，用海苔将虾、洋生菜和蛋黄酱一起卷起来。

This sushi wrap originates from Miyazaki. It is made by wrapping shrimp, lettuce, and mayonnaise in seaweed.



肉卷饭团 Pork-wrapped Rice Balls

用调好味的猪肉将饭团卷起来，再用烤箱烘烤而成的快餐。

Seasoned pork is wrapped around onigiri and grilled in an oven. An original fast food of Miyazaki.



出锅乌冬面 Hot Pot Udon

将刚出锅的乌冬面放入漂浮着油炸碎渣的汤汁中，蘸着汤汁食用。广受县民欢迎的风味。

This local favorite is eaten by dipping boiled udon noodles in a sauce in which agetama (bits of fried tempura batter) are floating.



南蛮鸡 Chicken Namban

油炸鸡肉，浇上甜醋后，蘸着塔塔酱食用的鸡南蛮。

Chicken namban is chicken fried in oil, dipped lightly in sugared vinegar and then finished off with a tartar sauce topping.



伊势龙虾 Japanese Spiny Lobster

受黑潮的影响，伊势虾肉多，丰满而富有弹性，口感柔和，实属绝品。

The warm Kuroshio ocean current helps these shrimp-like lobsters to flourish. Japanese Spiny lobster has a soft, light texture.



地瓜干 (OIMOPOCKLE) Pokkuru Potatoes



外郎米粉糕 Sweet Rice Jelly

薄皮豆沙包 Yabure Steamed Buns



芝士包 Cheese-filled Steamed Buns

在宫崎拥有不可动摇的人气。使用了足量的植物性芝士，具有独特的风味。Ever-popular in Miyazaki, these steamed buns are stuffed with a non-dairy cheese. A truly original taste.



完全熟透的芒果 "Taiyou no Tamago" Taiyou no Tamago (Mango)

栽培时按照糖度15度以上、重量350g以上这一严格的标准，甘甜之感可谓绝品。Our mangos are grown under the strictest conditions. The end result is a sugar degree of 15 or higher and weights of 350 g or higher.



完全熟透的金橘 "TAMATAMA" Tamatama Kinkan (Kumquat)

可以连皮一并食用的金橘。大而甘甜，没有完全熟透也很美味。This citrus fruit can be eaten rind and all. Big and sweet, it's delicious even when eaten right off the tree.



日向夏 Hyuganatsu Citrus Fruit

发祥于宫崎的柑橘类水果，内部的白色皮也可以食用，甜味清爽不腻。This citrus fruit of Miyazaki origin is refreshingly sweet. Even the white pith can be eaten.



辛面 Spicy Noodles (Karamen)



冷汤 Chilled Soup (Hijajiru)

夏天的乡土料理，将鱼肉、豆腐、黄瓜等和冰凉的味噌汤混合搅拌而成。

This local summer time dish combines fish meat, tofu, and cucumber in a cold miso stock.



宫崎烧酒 Miyazaki Shochu

美食

眺望里阿斯式海岸 雄伟的自然风光

Look out Over Magnificent Natural Beauty of a Deeply Indented Coastline

拥有百济王传说的美乡町。那里既有作为日韩友好象征而建造的西边的正仓院（百济馆），还有自然编织出的雄壮景观。既能观赏到自然风光，又能学习到历史。

Misato is home to the legend of King Paekche. Here you can see the Western Shosoin Temple (the Paekche Building), built as a symbol of the friendship between Japan and South Korea. This route will teach you about history and allow you to experience the marvels of nature.

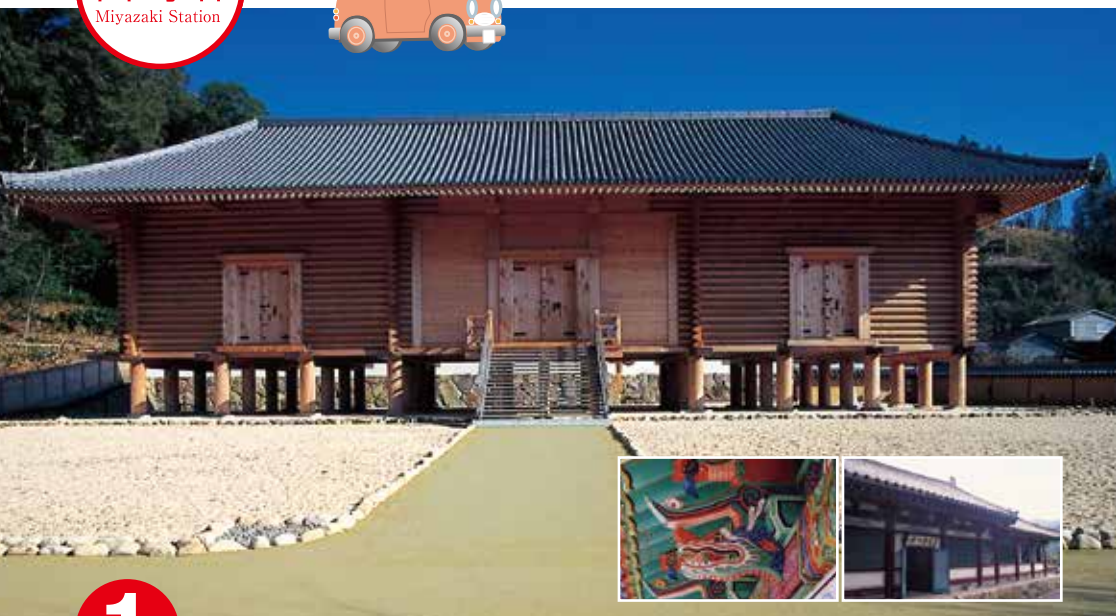


START
宫崎站
Miyazaki Station



从宫崎站出发，驾车约2小时

Approximately 120 minutes by car from Miyazaki Station



1

西边的正仓院（百济馆）美乡町

The Western Shosoin Temple (the Paekche Building)

作为日韩交流的象征而建造。里面藏有百济时代的国宝的仿制品等。
Built as a symbol of Japan-Korea exchange. Includes replicas of national treasures from the Paekche era.



2

十字海 日向市

The Sea Cross (The Sea of Cruz)

因岩石被侵蚀而看起来像十字，所以取名“十字海”。据说可以为人们实现愿望。

Named because the rocks have been eroded into a cross formation. There is a legend that wishes made here come true.



3

驾车约10分钟

Approximately 10 minutes by car



驾车约1小时20分钟

Approximately 80 minutes by car

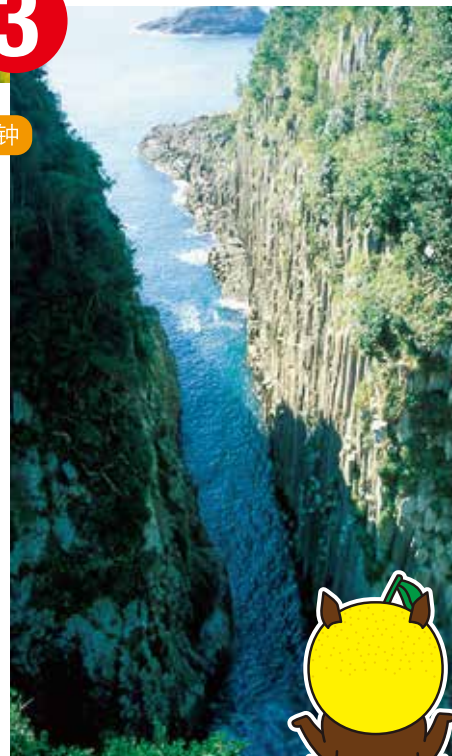


马之背 日向市

Umagase

在太平洋的怒涛的洗礼下形成的高达70m的柱状石纹断崖绝壁。

These 70 meter high sheer cliffs were built by the washing of the rough waves of the Pacific Ocean.



4

驾车约50分钟

Approximately 50 minutes by car



城山公园 延冈市

Shiroyama Park

延冈城的城址。被改造成了公园，也是赏樱、赏山茶的名胜。

The remains of Nobeoka Castle are preserved as a park, now famous for its cherry and camellia blossoms.



巡游神话之乡 高千穗

Visit Takachiho, where Myths Reside

高千穗町到处都是传说中的场所，神话中众神降临的地方。欣赏在众多观光客中享有很高人气的高千穗的美丽自然风光，巡游与神话相关的场所。

Takachiho is known in myth and legend as the location where the gods came to earth. This route, popular with tourists, takes you to see the area's beautiful nature and locations known from myths.



START 宫崎站 Miyazaki Station



从宫崎站出发，驾车约2小时15分钟

Approximately 135 minutes by car from Miyazaki Station



1 高千穗峡谷 Takachiho Gorge



被阿苏熔岩侵蚀后产生的长达20km的溪谷。夏天和秋天的景色都别具一格。

A ravine of 20 km in length that was created by the erosion of lava from Mount Aso. The views in summer and autumn are outstanding.



2 国见之丘 Kunimigaoka



驾车约20分钟

Approximately 20 minutes by car

海拔513m，可以观赏到阿苏五岳和祖母连山的全景。

★米其林·绿色导游·japon(1星获得)

Enjoy a panoramic view of the Sobo Mountains and the five peaks of Mount Aso from an elevation of 513 meters. Michelin Green Guide Japan (Awarded 1 Stars)



3

酒窖隧道 高千穗町

The Tunnel Station

利用废弃的铁路隧道。可以在这里买到高千穗的特产和烧酒等。

Buy Takachiho products and shochu within this old railway tunnel.



驾车约15分钟

Approximately 15 minutes by car



驾车约10分钟

Approximately 10 minutes by car



4 高千穗神社 Takachiho Shrine

高千穗町

拥有1200年历史的古老神社。据说求婚缘非常灵验。

A shrine that boasts more than 1,200 years of history. Known for being fortuitous for forming marriage ties.



驾车约20分钟

Approximately 20 minutes by car



5 天岩户神社· 天安河原 高千穗町

Amanoiwato Shrine, Amanoyasukawara River Bed

在神话而来的天岩户是神身体。跌落天河滩也作为功率点受欢迎。

The Amanoiwato cave is a place that appears in Japanese myth and is considered a holy place. The Tenan riverbank is also a popular power spot.



饱享县中地区的花儿和绿色

Experience the Flowers and Greenery of the Central Area

在宫崎，只要稍微离开宫崎市市区一点，就能融入丰富多彩的自然中。向东行走可以看到雄伟的日向滩，向西走则可以看到有很多照叶树的森林。是一条观赏自然景观的路线。

Just a short distance away from downtown Miyazaki City and you will melt into the nature of the Prefecture. To your east you will be able to see the magnificent Hyuga sea; to the west you will be able to see rich evergreen forests. This route allows you to enjoy the sights of nature.



START 宫崎站 Miyazaki Station

从宫崎站出发，驾车约30分钟

Approximately 30 minutes by car from Miyazaki Station

1 道路的车站「凤凰」

Road Station: Phoenix

宫崎市

俯瞰太平洋，可以观赏到日南海岸最壮观的景色。

You can take in the best view of the Nichinan Coast and the Pacific Ocean from here.



驾车约6分钟

Approximately 6 minutes by car



2 青岛 Aoshima

宫崎市

被称为“鬼神洗衣板岩石”的条纹状岩石包围的小岛。岛上建有青岛神社。

★★米许林·绿色导游·japon(2星获得)

A small island surrounded by wave-shaped rocks known as the Devil's Washboard. Also home to Aoshima Shrine. Michelin Green Guide Japan (Awarded 2 Stars)

驾车约35分钟

Approximately 35 minutes by car

4

绫·马事公苑

绫町

Aya Baji Park

可以体验骑马和遛马，春天还可以观赏到樱花和油菜花。

Experience horseback riding and leading horses. In spring you can enjoy the cherry and rape blossoms.

联合国
教科文组织
生物圈保护区
登录地区



5

绫(照叶大吊桥)· 藏元 绫 酒泉之杜

绫町

Aya (Teruha Great Suspension Bridge),
Kuramoto Aya: Shusen-no-Mori

可以看到日本最大的原始照叶树林的吊桥。请在藏元 绫 酒泉之杜购买特产。

This suspension bridge offers views of the largest untouched Teruha forest in Japan. Souvenirs can be bought at Shusen-no-mori.

联合国教科文组织生物圈保护区是指? UNESCO Eco-park

以保护生态系统和协调持续使用为目的，具备保护、开发、学术三项机能能的地区。可以期待与自然共生的地区发展。

A UNESCO eco-park is a region that serves three functions (preservation, development, and academic activities) for the purpose of continually preserving the natural habitat. It is expected that these regions will develop in harmony with nature.

3

Florante宫崎· 市民之森

宫崎市

Florante Miyazaki, Citizen's Grove

在Florante，一年四季都能观赏到应季的花儿。市民之森的松林也很舒适。

Enjoy seasonal flowers year-round at Florante. The pine trees in Citizen's Grove are also relaxing.

驾车约45分钟

Approximately 45 minutes by car



驾车约10分钟

Approximately 10 minutes by car

探索宫崎的历史和感观动物

Experiencing Miyazaki's History and Animals

在县中地区，西都市散布着约300座被认为建于公元前4世纪到公元6世纪的古墓。边探索古墓和日本的太古世界，边游览县内唯一的动物园。

Located in the center area of the prefecture, Saito is home to roughly 300 burial mounds that are said to have been made from between the 4th century BCE and the 6th century CE. As the burial mounds bring you closer to Japan's distant past, you can also embark on a course to visit the only zoo within the prefecture.



START 宫崎站 Miyazaki Station



从宫崎站出发，驾车约50分钟

Approximately 50 minutes by car from Miyazaki Station

从西都原指南中心步行10分钟

10 minutes on foot from the Saito Archaeological Museum



1 西都原古墓群

Saito Burial Mounds 西都市

散布着300多座古墓的公园。园内还栽种着应季的花儿，所以也可以在里面散步。

A park with more than 300 burial mounds. Seasonal flowers are planted throughout, making strolls popular.



驾车约60分钟

Approximately 60 minutes by car



2 西都原考古博物馆

Saito Archaeological Museum of Miyazaki Prefecture 西都市

帮你加深古墓知识的博物馆。可以参加让管理员帮忙做讲解的项目。(入馆免费)
A museum that will further your knowledge of the burial mounds. There are curator-led guided tours as well. (Free admission)

3 都农葡萄酒庄

Tsuno Winery 都农町

位于可以俯瞰市街的山丘上，可以参观酿造过程，可以试饮，也可以购买。
Located on a hill with vistas of the entire town, the winery offers tours, tasting and purchases.



4 凤凰自然动物园

Miyazaki City Phoenix Zoo 宫崎市

国内首个展示动物们在大自然中的姿态的动物园。
This is the first zoo of its kind in Japan to present animals in settings that are close to their natural habitat.



驾车约20分钟

Approximately 20 minutes by car



5 宫崎神社

Miyazaki Shrine 宫崎市

供奉第一代神武天皇的宫崎神社。
Miyazaki Shrine is a shrine to the memory of the first emperor, Jinmu.

驾车约60分钟

Approximately 60 minutes by car



6 平和台公园

Heiwadai Park 宫崎市

平和台公园内建有“和平塔”，可以将宫崎市整个景色尽收眼底。
Heiwadai Park features Heiwa-no-To, a tower that lets you look out over the whole of the downtown area.



新
当地美食
OMOTENASHI



都农町

都农河豚盖饭

Tsuno Blowfish Ricebowl

使用都农町的名产，金色的“河豚”。蘸3种酱料食用。

Uses the golden blowfish that Tsuno is famous for. Enjoy it with any of three sauces.

县西地区

Western Area

推荐路线〈都城市→高原町→小林市→虾野市〉

Recommended Routes of Discovery (Miyakonojo City → Takaharu Township → Kobayashi City → Ebino City)

周游雾岛连山

Wind Your Way Around the Kirishima Mountains

最容易感受到一年内四季变迁的是位于雾岛连山山脚的县西地区。很多观光景点都可以一边眺望雄壮的高千穗峰、韩国岳，一边观赏绿色的牧场、湖畔的森林以及四季各异的花儿。

In the western area of the prefecture are the Kirishima mountains. At the foot of these mountains are some of the best areas in the prefecture for seeing the changes of the seasons. Various tourist spots with green pastures, lakeside forests, and seasonal flowers allow for views of the majestic Mount Takachiho and Mount Karakuni.



START 都城IC

Miyakonojo Exit



从都城IC出发，驾车约20分钟

Approximately 20 minutes by car from Miyakonojo Exit

1 雾岛 Factory Garden

Kirishima Factory Garden

有啤酒工厂，可以参观烧酒工厂，在那儿品尝到的雾岛裂缝水也很受欢迎。

Tours are available of the shochu distillery and craft beer brewery and you can also taste the Kirishima Spring Water.



驾车约20分钟

Approximately 20 minutes by car

2 关之尾瀑布

Sekino Falls

小石块削刨岩石形成的凹穴群很有名，其规模在世界范围内也算是很大的。

These perfectly circular holes in the riverbed are famous for being among the largest in the world, resulting from the erosive effects of smaller rocks on larger rocks.



驾车约30分钟

Approximately 30 minutes by car

3 高千穗牧场

Takachiho Ranch

可以骑马，可以接触牛犊，可以参观学习，也可以体验奶酪畜牧业的牧场。

Enjoy riding horses, petting calves, sightseeing, and dairy farming.



驾车约30分钟

Approximately 30 minutes by car



驾车约40分钟

Approximately 40 minutes by car

4 御池野鸟之森公园

Miike Yacho-no-Mori Park

在位于雾岛连山火山口湖山脚的公园里，可以观察到很多野鸟。

Watch a variety of wild birds in this park located at the base of the crater lake in the Kirishima mountains.

自然的宝库哦！



新・OMOTENASHI 当地美食



都城市

都城烤肉三味船装御膳

Miyakonojo Yakiniku Zanmai Funamori Gozen

一个人的烤肉，船状容器中装着牛肉、猪肉、鸡肉和当地的蔬菜。请蘸着3种酱料食用。

A serving of grilled meat for one, arranged on a boat-shaped dish, with grilled beef, pork and chicken, plus local vegetables. Enjoy with any of three different sauces.



驾车约30分钟

Approximately 30 minutes by car



5 生驹高原 小林市

Ikoma Plateau

作为花的高原而闻名，栽种着油菜花、冰岛罂粟和大波斯菊等花儿。

Known as the "Plateau of Flowers," rape blossoms, Iceland poppies, and cosmos flowers bloom in this area.



6 虾野高原 虾野市

Ebino Plateau

雾岛锦江湾国立公园。是丰富多彩的自然宝库，可以观赏到四季各异的景色。
Kirishima Kinko Harbor National Park. Abundant with nature, this park offers various views throughout the year.



驾车约40分钟

Approximately 40 minutes by car



感受森林的气息，观赏映射在火山口湖上的四季

Feel the Breath of the Forest and see the Seasons Reflected in Crater Lakes

巡游虾野高原·火山湖

Trekking up in Ebino Plateau and its Lakes

“巡游虾野高原火山湖·探访自然之路”被评选为适合森林浴的森林首选和想要漫步的道路五百选。让我们走在这条路上，感受自然的气息吧。

Experience the beautiful nature of the "Ebino Plateau and Lakes Tour - Discovering Nature Trail", which is home to one of the top 100 forests in Japan and one of the top 500 walking trails in Japan.

白紫池

六观音御池

不动池



白紫池 Lake Byakushi

直径250m、水深1m左右的火山口湖。曾经被用作严冬的滑冰场。

This crater lake has a diameter of 250 m but a depth of just 1m. In the past it was used as a skating rink during cold winters.



六观音御池 Lake Rokkannon-miike

湖水呈钴蓝色，被认为是雾岛最美的湖。秋天红叶期间，也非常美丽，值得一看。

Said to be the most beautiful of the Kirishima lakes, this one is a lovely cobalt blue in color. It's at its best in autumn when the leaves are changing.



不动池 Lake Fudo

透明度高，据说一天可以变换七种颜色的湖。虾野高原上唯一一个可以在车上看到的湖。

This very clear lake is said to change color seven times over the course of a day. It is the only lake visible from a car on the Ebino Plateau.



7 Green Park 虾野市

Green Park Ebino

有花园，可以参观可口可乐的工厂等，是一处具有多重目的设施。

Take a tour of the Coca-Cola plant and enjoy a flower garden at this multi-purpose facility.

驾车约10分钟



8 虾野温泉 虾野市

Ebino Hot Springs

县内首屈一指的温泉乡。京町、吉田、白鸟、加久藤等，虾野市市内各地都有温泉。

One of the best locations for hot springs within the prefecture. There are hot springs at various locations throughout Ebino, including Kyomachi, Yoshida, Shiratori and Kakuto.



饱享南国的 自然风光和情调

Drink in the Natural Beauty and Atmosphere of the Southern Climes

沿着太平洋一望无际的蓝色大海，从南北走向的国道一路南下。有残留着江户风情的街道，有可以接触野生动物的景点，这个地区可以同时饱享历史和休假。

Follow the national highway southward on its north-south course, along the never-ending blue of the Pacific Ocean. You'll find an area that is rich in history and a resort feel, offering townscapes from the Edo period, encounters with wild animals, and sporting opportunities.



START
宫崎站
Miyazaki Station



从宫崎站出发，驾车约60分钟

Approximately 60 minutes by car from Miyazaki Station



1 日南之日落
Sun Messe Nichinan
日南市

拥有7具复活节岛摩艾石像的完全仿制品的娱乐设施。
This relaxing location includes seven carved replicas of the moai statues from Easter Island.



驾车约10分钟

Approximately 10 minutes by car

2 鹤户神社
Udo Shrine
日南市

朱漆的正殿祭神坐镇面向大海的洞窟，是一个很罕见的神社。

★米其林·绿色导游·japon
(1星获得)

This unique shrine features a vermillion-painted main structure enshrined within a cave facing the sea. Michelin Green Guide Japan (Awarded 1 Stars)



驾车约50分钟

Approximately 50 minutes by car



驾车约40分钟

Approximately 40 minutes by car

3 猪八重溪谷
Inohae Gorge
日南市

可以听到猪八重川潺潺水声的散步道周边为中心，随意漫步，这在游客中很有名气。

Strolls are popular here along trails that allow you hear the gurgle of the Inohae River.



新·OMOTENASHI
当地美食

日南市

烤鲣鱼饭
Grilled Bonito

用炭炉炙烤当日早上捕捞到的调好味的新鲜鲣鱼，再将其盖在米饭上食用。最后请用茶水泡着吃。

Freshly-caught bonito is seasoned and then grilled over a hibachi grill before being served on a bed of rice. Finish it off with ochazuke, a dish of rice, seasonings and tea.





4 饫肥城·饫肥城下町 日南市

Obi Castle, Obi Castle Town

有残留着江户风情的城下町，也有重现了藩主府邸的屋子。
See the castle town that dates back to the Edo period, and the reconstructed home of the castle's lord.

驾车约35分钟 Approximately 35 minutes by car



5 Marine Viewer 日南市

Marine Viewer Nango

半潜水式的水中观光船，可以乘坐玻璃船漫游日南海中公园的大海。

Take a walk on the ocean in a semi-submersible glass-bottomed boat at the Nichinan Marine Park.

驾车约5分钟

Approximately 5 minutes by car



6 道路的车站南乡「蓝花楹之森」 日南市

Road Station Nango Jacaranda Grove

到了5月下旬，日本唯一一个拥有1000株蓝花楹的蓝花楹群落林开出蓝紫色的花朵。

From late May onward, Japan's only grove of 1000 jacaranda trees is in bloom with their lovely bluish purple flowers.



在船上可以看到海里的景象，真棒！



7

幸岛 串间市

Kojima

约100头野生猿猴栖息于此，他们的文化程度颇高，会用水清洗白薯然后再食用。

Roughly 100 wild monkeys, with social skills advanced to the point where they wash their potatoes before eating them, live here.



驾车约20分钟

Approximately 20 minutes by car



驾车约30分钟

Approximately 30 minutes by car



8 都井岬 串间市

Cape Toi

在可以俯瞰太平洋的岬一带，栖居着好几头野生马。

The pacific ocean spreads out before your eyes at this cape which is also home to numerous wild horses.

驾车约50分钟

Approximately 50 minutes by car



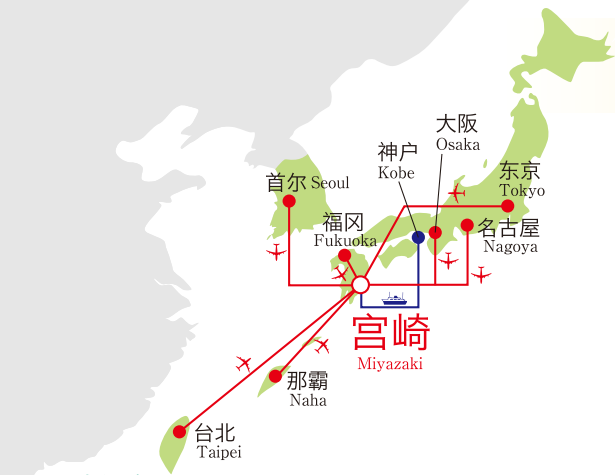
9 志布志湾大黑海豚乐园 串间市

Shibushi Harbor Daikoku Dolphin Land

是一个可以接触海豚，可以给企鹅喂食等的娱乐设施。

A playground where you can get close to dolphins and feed penguins and other animals.





航空 By Air

路线 Route	所需时间 Required time	定期航班 Regular services	公司名 Airline name
东京(羽田)~宫崎 Tokyo (Haneda) - Miyazaki	约90分钟 Approx. 90 min	往返18次 18 round trips	ANA·JAL·Solaseed Air ANA/JAL/SNA
东京(成田)~宫崎 Tokyo(Narita)-Miyazaki	约100分钟 Approx.100min	往返1次 1 round trips	捷星航空 Jetstar Airways
大阪(伊丹)~宫崎 Osaka (Itami) - Miyazaki	约60分钟 Approx. 60 min	往返11次 11 round trips	ANA·JAL
大阪(关西)~宫崎 Osaka (Kansai) - Miyazaki	约65分钟 Approx. 65 min	往返1次 1 round trips	乐桃航空 APJ
名古屋(中部)~宫崎 Nagoya (Chubu) - Miyazaki	约75分钟 Approx. 75 min	往返3次 3 round trips	ANA ANA
福冈~宫崎 Fukuoka - Miyazaki	约45分钟 Approx. 45 min	往返13次 13 round trips	ANA·JAL·ORIENTAL AIR BRIDGE ANA/JAL/ORC
冲绳~宫崎 Okinawa - Miyazaki	约80分钟 Approx. 80 min	往返1次 1 round trips	Solaseed Air SNA
首尔~宫崎 Seoul - Miyazaki	约100分钟 Approx. 100 min	每周往返6次 6 round trips a week	韩亚航空(OZ)·易斯达航空(ZE) Asiana Airlines (OZ)·Eastar Jet(ZE)
台北~宫崎 Taipei - Miyazaki	约130分钟 Approx. 130 min	每周往返2次 2 round trips a week	中华航空(CI) China Airlines (CI)

【咨询】(ANA) ☎0570-029-222 / (JAL) ☎0570-025-071 / (Solaseed Air) ☎0570-037-283 / (Oriental Air Bridge) ☎0570-064-380 / (捷星航空) ☎0570-550-538 / (易斯达航空) ☎050-5520-6712 / (乐桃航空) ☎0570-200-489 / (韩亚航空) ☎0985-35-0011 / (中华航空) ☎0985-64-9277

【Inquiries】(ANA) ☎0570-029-222 / (JAL) ☎0570-025-071 / (Solaseed Air) ☎0570-037-283 / (Oriental Air Bridge) ☎0570-064-380 / (Jetstar Airways) ☎0570-550-538 / (Eastar Jet) ☎050-5520-6712 / (APJ) ☎0570-200-489 / (Asiana Airlines) ☎0985-35-0011 / (China Airlines) ☎0985-64-9277

轮渡 Car Ferry

航路 Route	航班数、时刻表 Number of flights/Time table								
神户 Kobe route	<table border="1"> <thead> <tr> <th colspan="2">每日运行 Daily</th> </tr> </thead> <tbody> <tr> <td>19点10分出发 Depart at 19:10</td> <td>次日7点30分到达 Arrive at 07:30 on the next day</td> </tr> <tr> <td>次日8点40分到达 Arrive at 08:40 on the next day</td> <td>19点10分出发(星期一至星期六) Depart at 19:10 (From Monday to Saturday)</td> </tr> <tr> <td>次日8点40分到达 Arrive at 08:40 on the next day</td> <td>18点00分出发(星期日) Depart at 18:00 (Sunday)</td> </tr> </tbody> </table>	每日运行 Daily		19点10分出发 Depart at 19:10	次日7点30分到达 Arrive at 07:30 on the next day	次日8点40分到达 Arrive at 08:40 on the next day	19点10分出发(星期一至星期六) Depart at 19:10 (From Monday to Saturday)	次日8点40分到达 Arrive at 08:40 on the next day	18点00分出发(星期日) Depart at 18:00 (Sunday)
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【咨询】(宫崎轮渡(预约中心))
【关西】☎078-321-3030 / 【宫崎】☎0985-29-5566
【Inquiries】(Miyazaki Car Ferry (Reservation Center))
【Kansai】☎078-321-3030 / 【Miyazaki】☎0985-29-5566



铁道 JR

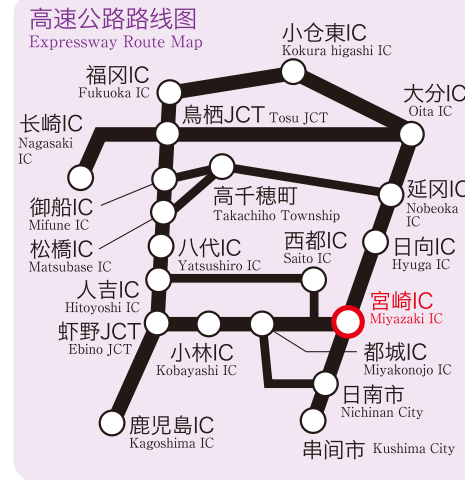
区间 Areas	所需时间 Required time
博多~宫崎 Hakata - Miyazaki	约5小时(利用九州新干线的話, 约3小时40分钟) Approx. 5 hours (by using Kyushu Shinkansen - approx. 3 hours 40 minutes)
小仓~宫崎 Kokura - Miyazaki	约4小时20分钟 Approx. 4 hours and 20 min.
大分~宫崎 Oita - Miyazaki	约3小时 Approx. 3 hours.
延冈~宫崎 Nobeoka - Miyazaki	约1小时 Approx. 1 hour.
日向~宫崎 Hyuga - Miyazaki	约43分钟 Approx. 43 min.
鹿儿岛~宫崎 Kagoshima - Miyazaki	约2小时 Approx. 2 hours.
宫崎机场~宫崎 Miyazaki airport - Miyazaki	约15分钟 Approx. 15 min.

铁道(新干线) + 高速巴士(B&S宫崎)

JR (Shinkansen) + Highway Bus (B&S Miyazaki)

区间 Areas	所需时间 Required time
博多~宫崎 Hakata - Miyazaki	约2小时59分钟 ※包含换乘时间在内的最短时间 Approx. 2 hours and 59 min. *The fastest time including connection time
新八代~宫崎 Shin-Yatsushiro - Miyazaki	约2小时5分钟 ※仅限高速巴士 Approx. 2 hours and 5 min. *Highway Bus only

【咨询】(JR宫崎站) ☎0985-23-3454
【Inquiries】(JR Miyazaki Station) ☎0985-23-3454



高速巴士 Highway bus

巴士名称 Bus name	区间 Areas	所需时间 Required time	航班数 Number of flights	运营公司 Bus company
PHOENIX号(凤凰号) Phoenix	福冈~宫崎 Fukuoka - Miyazaki	约4小时40分钟 Approx. 4 hours and 40 min.	1日往返28次 28 round trips a day	宫崎交通、西日本铁道、西铁高速巴士、九州产交巴士、JR九州巴士 Miyazaki Kotsu, Nishi-Nippon Railroad, Nishitetsu Highway Bus, Kyushu Sanko Bus, JR Kyushubu
GOKASE号 Gokase	福冈~延冈 Fukuoka - Nobeoka	约4小时15分钟 Approx. 4 hours and 15 min.	1日往返4次 4 round trips a day	宫崎交通、西日本铁道 Miyazaki Kotsu, Nishi-Nippon Railroad
NANPU号 Nanpu	熊本~宫崎 Kumamoto - Miyazaki	约2小时50分钟 Approx. 2 hours and 50 min.	1日往返14次 14 round trips a day	宫崎交通、九州产交巴士 Miyazaki Kotsu, Kyushu Sanko Bus
HAMAYU号 Hamayu	鹿儿岛~宫崎 Kagoshima - Miyazaki	约2小时45分钟 Approx. 2 hours and 45 min.	1日往返7次 7 round trips a day	宫崎交通、南国交通 Miyazaki Kotsu, Nangoku Kotsu
BLUE-ROMAN号 Blue Roman	长崎~宫崎 Nagasaki - Miyazaki	约5小时20分钟 Approx. 5 hours and 20 min.	1日往返2次 2 round trips a day	宫崎交通、长崎县营巴士 Miyazaki Kotsu, Nagasaki Prefectural Bus
高千穗号 Takachiho	熊本~延冈 Kumamoto - Nobeoka	约4小时15分钟 Approx. 4 hours and 15 min.	1日往返2次 2 round trips a day	宫崎交通、九州产交巴士 Miyazaki Kotsu, Kyushu Sanko Bus
B&S 宫崎 B&S Miyazaki	新八代~宫崎 Shin-Yatsushiro - Miyazaki	约2小时15分钟 Approx. 2 hours and 15 min.	1日往返16次 16 round trips a day	宫崎交通、JR九州巴士、九州产交巴士 Miyazaki Kotsu, JR Kyushubu, Kyushu Sanko Bus
太平洋专线 Pacific Liner	大分·别府~宫崎 Oita/Bepu - Miyazaki	约3小时25分钟 Approx. 3 hours and 25 min.	1日往返6次 6 round trips a day	宫崎交通、JR九州巴士、大分巴士、龟之井巴士、大分交通 Miyazaki Kotsu, JR Kyushubu, Oita Bus, Kamenoi Bus, Oita Kotsu
HIMUKA Himuka	宫崎~延冈 Miyazaki - Nobeoka	约1小时50分钟 Approx. 1 hour and 50 min.	1日往返3次 3 round trips a day	宫崎交通 Miyazaki Kotsu

【咨询】(九州高速巴士预约中心) ☎0120-489-939 (手机·PHS用户请拨打092-734-2727) / (宫崎交通高速巴士预约中心) ☎0985-32-1000 / (宫崎交通乘客巴士咨询中心) ☎0985-32-0718 / (JR宫崎站「B&S 宫崎」) ☎0985-23-3454 / (西日本铁道乘客中心) ☎0570-00-1010 (手机·PHS用户请拨打092-303-3333) / (西铁高速巴士) ☎0570-00-1010 (手机·PHS用户请拨打092-303-3333) / (九州产交巴士) ☎096-354-4845 / (南国交通) ☎099-259-6781 / (长崎县营巴士) ☎095-823-6155 / (大分巴士) ☎097-536-3371 / (龟之井巴士) ☎0977-25-3220 / (大分交通) ☎097-536-3655

【Inquiries】(Kyushu Highway Bus) ☎0120-489-939 (Call 092-734-2727 from Mobile/PHP) / (Miyazaki Kotsu Highway Bus Reservation Center) ☎0985-32-1000 / (Miyazaki Kotsu Bus Information Center for Customers) ☎0985-32-0718 / (JR Miyazaki Station "B&S Miyazaki") ☎0985-23-3454 / (Nishi-Nippon Railroad Customer Center) ☎092-303-3333 (Call 092-303-3333 from Mobile/PHP) / (Nishitetsu Highway Bus) ☎0570-00-1010 (Call 092-303-3333 from Mobile/PHP) / (Kyushu Sanko Bus) ☎096-354-4845 / (Nangoku Kotsu) ☎099-259-6781 / (Nagasaki Prefectural Bus) ☎095-823-6155 / (Oita Bus) ☎097-536-3371 / (Kamenoi Bus) ☎0977-25-3220 / (Oita Kotsu) ☎097-536-3655

高尔夫球场

Golf courses



住宿设施

Accommodations



地区 Area	高尔夫球场名 Name of Golf course	电话号码 Telephone number	URL Link
延冈市 Nobeoka City	北方高尔夫俱乐部 Kitakata Golf Club	0982-38-0006	www.cherry-group.jp/course_kitakata/index.php
	延冈高尔夫俱乐部 Nobeoka Golf Club	0982-43-0101	www.cherry-group.jp/course_nobeoka/index.php
日向市 Hyuga City	美美津乡村俱乐部 Mimitu Country Club	0982-58-1140	www.mimitu-cc.jp/
宫崎市 Miyazaki City	宫崎乡村俱乐部 Miyazaki Country Club	0985-56-4114	www.miyakoh.co.jp/golf/
	凤凰乡村俱乐部 Phoenix Country Club	0985-21-1301	www.seagaia.co.jp/index.html
	宫崎国际高尔夫俱乐部 Miyazaki Kokusai Golf Club	0985-73-1606	www.pacificgolf.co.jp/miyazakikokusai/index.asp
	Hibiscus Golf Club Hibiscus Golf Club	0985-73-0109	www.hibiscus-gc.jp/
	Miyazaki Lake Side Golf Club Miyazaki Lakeside Golf Club	0985-85-8585	www.lakeside-gc.com/
	UMK乡村俱乐部 UMK Country Club	0985-39-8122	golf.pr.miten.jp/golf/umkcc/index.htm
	青岛高尔夫俱乐部 Aoshima Golf Club	0985-65-1001	booking.accordiagolf.com/guide/3503419.html
	爱和宫崎高尔夫俱乐部 Aiwa Miyazaki Golf Club	0985-74-1515	www.aiwaresort.com/
	Miyazaki Public Golf Miyazaki Public Golf	0985-56-3355	www.miyakoh.co.jp/public/
	大淀川高尔夫球场 Oyodogawa Golf	0985-48-1934	golf.pr.miten.jp/golf/oydss/index.htm
	宫崎国际机场乡村俱乐部 Miyazaki Kokusai-Kuko Country Club	0985-86-0770	www.mkk-cc.com/
	汤姆士·华生高尔夫球场 Tom Watson Golf Course	0985-21-1301	www.seagaia.co.jp/index.html
	宫崎大淀乡村俱乐部 Miyazaki Ohyodo Country Club	0985-48-3000	www.m-ohyodo-cc.co.jp/
Miyazaki Sunshine Country Club Miyazaki Sunshine Country Club	0985-74-3636	www.sunshine-cc.jp/	
国富町 Kunitomi Town	宫崎高尔夫俱乐部 Miyazaki Golf Club	0985-75-3131	golf.pr.miten.jp/golf/miygc/index.htm
新富町 Shintomi Town	宫崎座论梅高尔夫俱乐部 Miyazaki Zaronbai Golf Club	0983-35-1311	www.mssystem1.com/zaronbaigc/
	一瀬川县民运动中心 Hitotsuse River Public Course	0983-33-5585	www.hitotsuse.or.jp/
都城市 Miyakonojo City	都城母智丘乡村俱乐部 Miyakonojo Mochio Country Club	0986-24-3420	www.mochio.com/
	Regent Miyazaki Country Club Regent Miyazaki Country Club	0986-33-1500	regentmiyazaki.com/
	Rainbow Sports Land Golf Club Rainbow Sportsland Golf Club	0986-58-3900	booking.accordiagolf.com/guide/3570013.html
高原町 Takaharu Town	高原高尔夫俱乐部 Takaharu Golf Club	0984-42-0376	takaharugc.com/index_hp.html
小林市 Kobayashi City	J' s Country Club小林球场 J' s Country Club Kobayashi Course	0984-23-3111	www.jsjgolf.jp/kobayashi/
日南市 Nichinan City	J' s Country Club日南球场 J' s Country Club Nichinan Course	0987-55-3333	www.jsgroup.jp/
串间市 Kushima City	日南串间高尔夫球场 Nichinan Kushima Golf Course	0987-71-3111	www.princehotels.co.jp/golf/kushima/

地区 Area	饭店名 Hotel name	电话号码 Telephone number	URL Link
高千穗町 Takachiho Town	云海的投宿处Chigi Unkai no Yado Chigi	0982-72-2821	www.chigi-takachiho.jp/
	高千穗 离之宿 神隐 Inn Kamigakure	0982-72-2111	kamigakure.jp/
	旅馆 神仙 Inn SHINSEN	0982-72-2257	www.takachiho-shinsen.co.jp/
	花旅馆 Inn Iwatoya	0982-74-8118	iwatoya.com/
延冈市 Nobeoka City	四季见酒店 Hotel Shikimi	0982-72-3733	www.shikimi.jp/
	ENCITY酒店延冈 EN CITY HOTEL NOBEOKA	0982-32-6060	www.ency-h.com/
日向市 Hyuga City	Verfort日向酒店 Hotel Verfort Hyuga	0982-52-0001	verfort.co.jp/
川南町 Kawanami Town	竹乃屋酒店 Hotel Takenoya	0983-21-3330	www.hotel-takenoya.com/
宫崎市 Miyazaki City	青岛Grand酒店 Aoshima Grand Hotel	0985-65-0111	www.aoshima-gh.co.jp/
	青岛Cinqmale Aoshima Cinqmale	0985-55-4390	www.cinqmale.co.jp/
	青岛水光苑酒店 Aoshima Suikoen Hotel	0985-65-1234	suikoen.net/
	APA 酒店〈宫崎站橘通〉 Apa Hotel(Miyazakieki Tachibanadori)	0985-20-5500	www.apahotel.com/
	喜來登顶级海洋度假大酒店 Sheraton Grande Ocean Resort	0985-21-1133	www.seagaia.co.jp/japanese/hotel/sgor.html
	地藏庵 Jizoan	0985-65-0039	www.jizoan.jp/
	东横INN宫崎驿前 Toyoko Inn Miyazaki Ekimae	0985-32-1045	www.toyoko-inn.com/hotel/00101/
	New Wel City宫崎 New Wel City Miyazaki	0985-23-3311	www.nwc-miyazaki.co.jp/
	青岛太阳阁 Route-Inn Grantia Aoshima Taiyokaku	0985-65-1531	www.hotel-grantia.co.jp/aoshima/
	Marix酒店 Hotel Marix	0985-28-6161	www.hotel-marix.co.jp/marix/
	Skytower酒店 Hotel Sky Tower	0985-31-1111	www.hotelskytower.jp/
	Merieges酒店 Hotel Merieges	0985-26-6666	www.merieges.co.jp/
	全日空假日度假酒店 ANA Holiday Inn Resort Miyazaki	0985-65-1555	www.anahirimiyazaki.com
宫崎观光酒店 Miyazaki Kanko Hotel	0985-27-1212	www.miyakan-h.com/	
Regalo酒店宫崎 REGALO Hotel Miyazaki	0985-31-6300	www.regalo-h.com/miyazaki/	
日南市 Nichinan City	Kanpono投宿处日南 Kanpo no yado Nichinan	0987-22-5171	www.kanponoyado.japanpost.jp/yado/nichinan/
	Hotel J's 日南 Resort Hotel J's Nichinan Resort	0987-55-3333	www.jsgroup.jp/
	日南海岸南乡王子大饭店 Nichinankaigan Nango Prince Hotel	0987-64-2111	www.princehotels.co.jp/hango/

其它