

記住後能用到的日語集

Useful Japanese Phrases to Memorize



酒店
Hotel



請登記注册
Chekkuin onegaishimasu

チェックイン
お願いします。

飲食店
Restaurant



請給我看菜單
Menyu o misete kudasai

メニューを
見せてください。



要●●
●● o kudasai

●●をください。



要這個
kore kudasai

これください。

計程車
Taxi



請帶去這裏
koko ni tsureteitte kudasai

ここに連れて
行ってください。

全般
The whole



請告訴我去這裏的路
koko he ikumichi o oshiete kudasai

ここへ行く道を
教えてください。



請拍照片
shashin o totte kudasai

写真を
撮ってください。



洗手間在哪裏?
otearai ha doko desuka?

お手洗いは
どこですか?

美食、大自然和遊玩的樂園

A Paradise of Food, Nature, and Fun

宮崎 旅遊指南

Miyazaki Travel Guide

歡迎來到 宮崎

Welcome to Miyazaki

完全掌握宮崎資訊!

miyazaki shun navi

搜索

Find out everything there is to know about Miyazaki!

<http://www.kanko-miyazaki.jp/index.html>

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體驗大自然的生機， 巡遊文化遺產

Tour our Breathtaking Nature and Cultural Sites



最佳時間
全年

宮崎市 日南海岸・堀切嶺

Nichinan Coast, Horikiri Pass

MAP P4-G4

穿過山路，映入眼簾的是一片汪洋大海，讓人萬分激動。山嶺各處栽種著各種花兒，每個季節都能欣賞到不同的風光。

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 高千穗峽谷

Takachiho Gorge

MAP P3-A3

高達100m的柱狀石壁聳立在相距5~10m兩岸。遊客不僅可以在溪谷漫步，也可以乘船遊覽。

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.



最佳時間
全年



最佳時間
全年

宮崎市 青島

Aoshima

MAP P4-F4

被一種稱作「鬼神洗衣板岩石」的條紋狀岩石所包圍的小島。島上蒲葵樹等亞熱帶植物叢生，還建有青島神社，所以也被當作神聖的地方。

★★米許林·綠色導游·japon (2星獲得)

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)



最佳時間
全年

日向市 馬之背・十字海

Umagase, Sea Cross

MAP P3-C4

馬之背在柱狀斷崖連綿的日向岬上擁有最壯觀的景色。另外，因為岩石的原因而看起來像十字的十字海也非常受歡迎。

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.

大自然穿越超過千年的時光編織出的生機勃勃的景色，以及散發古代浪漫氣息的古墓群。擁有豐富多彩的自然資源、各個季節都由不同的花兒點綴著的宮崎平原。這個地區擁有大自然、歷史遺跡、文化財產等多彩的魅力。

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.



最佳時間
3~5月、9~11月

西都市 西都原古墓群

Saitobaru Burial Mounds

MAP P3-D3

被認為建造於4世紀後期到6世紀的311座古墓散佈在東西2km、南北4km的臺地上。還可以欣賞到各個季節的花兒。

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.



最佳時間
全年

綾町 綾照葉大吊橋、川中自然公園（綾照葉樹林） 聯合國教科文組織生物圈保護區

MAP P3-D2

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

有著日本最大規模的原生態照葉樹林，還被認證為聯合國教科文組織生物圈保護區。公園內的溪谷上橫跨著一座用於散步的吊橋·照葉大吊橋。

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.



最佳時間
全年

延岡市 城山公園

Shiroyama Park

MAP P3-B4

延岡城遺跡，園內建有市內第一的展望台。公園裡不僅栽種著四季各異的花兒，還自然生長著野生山茶，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.



最佳時間
全年

宮崎市 Florante宮崎

Florante Miyazaki

MAP P4-C4

公園一年四季都可以欣賞到花兒和其他植物。夏天舉辦燈籠節，冬天裝飾彩燈，每一個季節都有相應的活動，非常熱鬧。

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.



最佳時間
全年

宮崎市 阿波岐原森林公園 市民之森

MAP P4-C4

Awakigahara Forest Park, Citizen's Grove

在松林裡，每一個季節都可以欣賞到不同的花兒，5月有菖蒲園的菖蒲，夏天有禦池的睡蓮，到了冬天可以欣賞到山茶園的山茶。在裡面散步也是非常適合的。

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.



最佳時間
全年

日之影町 日之影町森林療法

MAP P3-A3

Hinokage Township Forest Therapy

在這裡，各個季節都能欣賞到不同的森林景觀，也可以進行森林浴散步，漫步於擁有深V字谷的網瀨川、美麗的梯田之鄉等。

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



最佳時間
3~5月、9~11月

小林市 生駒高原 Ikoma Plateau MAP P3-D2

可以在雄壯的霧島群山的背景下，欣賞到應季盛開的花兒。春天有油菜花，到了秋天，整座山丘則都會被大波斯菊所覆蓋，景色美到極致。

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.



最佳時間
3~11月

日南市 日南海岸・海中公園 Nichinan Coast, Uminaka Park MAP P3-G3

延伸到南鄉町周邊。可以觀賞到在色彩繽紛的珊瑚中游來遊去的熱帶魚。這裡也是非常有人氣的潛水勝地。

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.



最佳時間
全年

都城市 高千穂牧場 Takachiho Ranch MAP P3-E1

飼養著牛、羊、小馬等的觀光牧場。也以景色優美而為人所熟知，在牧場上放眼望去，可以眺望到雄壯的霧島連山。

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.



最佳時間
6~8月

日南市 道路的車站南鄉「藍花楹森林」 Road Station Nango: Jacaranda Grove MAP P3-G3

只栽種亞熱帶植物的植物園。這裡的藍花楹森林栽種著700株藍花楹。5月到6月為盛開期，最適合觀賞。

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，一片蔚藍。在風光明媚的日南海岸國定公園同野生馬和野生猿接觸。霧島連山包圍的地區和高原，隨著四季的交替，變換著其美麗的外衣，每每讓到訪之人怡然沉醉。

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.



最佳時間
6~8月

都城市 關之尾瀑布、甌穴群 Sekino-o Falls, Riverbed Holes MAP P3-E2

入選日本瀑布百選的名瀑布。瀑布上流分佈著大大小小無數個由小石塊撞擊河底形成的石孔，這一甌穴群也值得一覽。

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.



最佳時間
全年

高原町 禦池 Miike MAP P3-E2

禦池周圍是被稱作「禦池野鳥之森」的森林。一年四季野鳥都很多，可以盡情觀察。

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.



最佳時間
3~11月

串間市 都井岬 Cape Toi MAP P3-G3

作為禦崎馬的棲息地而聞名。禦崎馬在全國範圍內也是非常稀有的野生馬，在這裡，你可以近距離觀察它。都井岬的綠色和大海交織出的絕景也是極佳的。

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.



最佳時間
全年

蝦野市 蝦野高原（霧島地質公園） Ebino Plateau (Kirishima Geopark) MAP P3-E1

高原周邊聳立著20多座火山，也有包括大浪池在內的火山湖。四季各異的雄壯景觀是一大魅力。

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.



最佳時間
全年

蝦野市 巡遊火山湖 Lake Tour MAP P3-E1

巡遊霧島的三個火山湖——白紫池、六觀音禦池、不動池——的遊山路線。可以充分體驗到變化萬千的大自然。

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.



最佳時間
全年

串間市 幸島 Kojima MAP P3-G3

作為野生日本猿猴的棲息地而聞名。這裡對於生態研究也是非常寶貴的地方。僅看到猿猴自然的姿態就可以很滿足。

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.

宮崎的節日・活動

Festival/Event Of Miyazaki

日本最古老的史書《古事記》和《日本書紀》中記載的神話發祥地很多都在宮崎留存了下來。各地的慶典節日中，有很多都反映了那段歷史。而自然資源豐富的宮崎獨有的盡享四季的慶典活動也是非常豐富的。

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.



宮崎市 青島裸身神社參拜 Aoshima Naked Procession

在登場的山幸彥被從海神話歸還了的時候，是有按村民身穿衣服的空間為而感到懊悔的裸體的樣子原封不動地迎接，做了的起源的節日。

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

- 時間 / 1月成人之日
 - 地點 / 青島神社及其參拜道路
- Times/Coming of Age Day in January
Locations/Aoshima Shrine and its Sacred Road

美鄉町 木城町 師走祭 Shiwasu Festival

以供奉百濟國王禎嘉王的神門神社為中心舉辦的表達他與兒子福智王之間父子會面的活動儀式。

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

- 時間 / 1月下旬的星期五・六・日三天
 - 地點 / 神門神社 (美鄉町)・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)



延岡市 延岡大師節 Nobeoka Daishi Festival

以擁有17m高，即日本最高的弘法大師像的今山大師為中心，舉辦文藝表演大會和物產展覽會。

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.

- 時間 / 4月第3個星期五・六・日
 - 地點 / 今山大師周邊
- Times/The Third Friday, Saturday and Sunday in April
Locations/Around Imayama Daishi Temple



日南市 花立公園櫻花節 Hanatake Park Cherry Blossom Festival

約1萬棵櫻花樹開花，規模達到了九州第一。節日期間，還會舉辦夜間亮燈和其他活動。

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.

- 時間 / 3月中旬~4月上旬
 - 地點 / 花立公園
- Times/From mid-March through early April
Locations/Hanatake Park

美鄉町 禦田祭 Onda Festival

祈求豐收和無病無災的傳統插秧祭。牛馬在中宮田到處亂跑，濺起陣陣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.

- 時間 / 7月第1個星期六・日
 - 地點 / 田代神社
- Times/The first Saturday and Sunday in July
Locations/Tashiro Shrine



宮崎市 天城開門節 Amagajo Kaimon Festival

公園內約1000棵櫻花樹和5萬株杜鵑花競相盛放。節日期間還會舉辦舞臺活動。

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

- 時間 / 3月下旬的星期六・日
 - 地點 / 天城公園
- Times/A Saturday and Sunday in late March
Locations/Amagajo Park



宮崎市 青島太平洋馬拉松 International Aoshima Pacific Marathon Marathon

路線途經可以看到青島和太平洋的海岸線和宮崎市中心部，所以很有人氣。

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

- 時間 / 12月上旬
 - 地點 / 宮崎市
- Times/Early December
Locations/Miyazaki city



延岡市 北川螢火蟲節 Kitagawa Firefly Festival

可以在北川沿岸的觀賞地欣賞到只棲居在清流間的源氏螢火蟲的亂舞姿態。

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.

- 時間 / 6月上旬
 - 地點 / 北川綜合運動公園
- Times/Early June
Locations/Kitagawa Comprehensive Activities Park

日向市

日向胡陶克（面具）夏季節

Hyuga Hyottoko Summer Festival

可以看到參加者穿著紅色和服，拿著布手巾，戴著胡陶克等面具，跳著滑稽搞笑的舞蹈。

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

- 時間／8月第1個星期六
 - 地點／日向市站前交流廣場、日向市市區
- Times/The first Saturday in August
Locations/Hyuga City Eki-mae Koryu Plaza, Downtown Hyuga City



日南市 飢肥城下節 Obi Castle Town Festival

地方藝術和武士隊伍等在市裡盛裝遊行，還會舉辦傳統的四尺五寸射箭大會等。可以充分體驗到城下町風情的節日。

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.

- 時間／10月第3個星期六・日
 - 地點／飢肥城下一帶
- Times/The third Saturday and Sunday in October
Locations/The Entire Obi Castle Town Area

串間市

都井岬火祭

Cape Toi Fire Festival

起源於大蛇傳說，將火把投到柱子底部，讓火自下而上燃燒至高達30米的柱子頂端。是非常壯觀的火祭。

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

- 時間／8月下旬的星期六・日
 - 地點／都井岬飯店前廣場
- Times/A Saturday and Sunday in late August
Locations/Cape Toi Hotel-mae Plaza



高鍋町 高鍋城燈籠節 Takanabe Castle Lantern Festival

將放於高鍋城址舞鶴公園及其周邊會場的1500多盞燈籠點亮，非常夢幻。

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.

- 時間／10月10日前後的星期六・日
 - 地點／舞鶴公園周邊及町內商業街
- Times/The closest Saturday and Sunday to 10 October
Locations/Maizuru Park Environs and the Downtown Area



椎葉村 椎葉平家節 Shiiba Heike Festival

重現了被謳歌為日版「羅密歐與茱麗葉」的平家公主與源氏武將之間悲壯的愛情故事的遊行隊伍非常精彩。

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.

- 時間／11月第2個星期五・六・日
 - 地點／鶴富屋敷・村公所旁中央舞臺・上椎葉街道
- Times/The second Friday, Saturday and Sunday in November
Locations/Tsurutomi Yashiki, Yakuba-yoko Central Stage, Kamishiiba Kaido Street



西都市 西都古墓祭 Saito Burial Mound Festival

在日本神話的舞臺——西都原古墓群舉辦的慶典活動。在禦陵墓前廣場舉辦的「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.

- 時間／11月第1個星期六・日
 - 地點／西都原禦陵墓前廣場
- Times/The first Saturday and Sunday in November
Locations/Saitobaru Goryobo-mae Plaza

宮崎市 宮崎神宮大祭

Miyazaki Shrine Grand Festival

身穿歷史畫卷般的服裝的人在宮崎市市區列隊遊行。到了晚上還會舉辦舞臺活動等，非常熱鬧。

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.

- 時間／10月下旬的星期六・日
 - 地點／宮崎神宮及宮崎市市區中心
- Times/A Saturday and Sunday in late October
Locations/Miyazaki Shrine and Downtown Miyazaki City



高千穗町

高千穗夜神樂

Takachiho Nighttime Shinto Music and Dancing

在神話之鄉——高千穗町內舉行的祭奠活動，感謝並祈求五穀豐登。徹夜表演33番神樂舞。

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.

- 時間／11月下旬～2月上旬
 - 地點／高千穗町內各地的神樂宿
- Times/From late November to early February
Locations/Shinto Music and Dance Accommodations within Takachiho Township



溫泉

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.

宮崎西臨阿蘇，南接霧島，與火山群相鄰，可謂占盡地利之勢，而且其自然資源豐富多彩，孕育出了眾多泉水地，這也是其一大優勢。可以根據多種多樣的泉質選擇溫泉和住宿，在泡溫泉的同時還能欣賞周圍的景色，利於消除疲勞、健康美膚等。



宮崎市 青島溫泉 Aoshima Hot Springs MAP P4-F4

擁有豐沛的溫泉和住宿設施，可以在泡溫泉的同時眺望眼前一望無際的海洋。

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

【諮詢】(抒情旅館 地藏庵) ☎0985-65-0039 / (宮崎全日空假日度假酒店) ☎0985-65-1555 / (HOTEL GRANTIA AOSHIMA 太陽閣) ☎0985-65-1531 / (青島 Grand Hotel) ☎0985-65-0111 / (Hotel Route-Inn 宮崎青島) ☎0985-55-4122 / (青島 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 / (Hotel Route Inn Miyazaki Aoshima) ☎0985-55-4122 / (Aoshima Cinq Male) ☎0985-55-4390

宮崎市 TAMAYURA溫泉 Tamayura Baths MAP P4-D3



從宮崎市中心部的大澗河畔湧出的溫泉。有3處住宿設施供選擇。

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

【諮詢】(宮崎觀光酒店) ☎0985-27-1212 / (酒店金住) ☎0985-25-3455 / (酒店濱莊) ☎0985-24-3019

【Inquiries】(Miyazaki Kanko Hotel) ☎0985-27-1212 / (Hotel Kanezumi) ☎0985-25-3455 / (Hotel Hamaso) ☎0985-24-3019

宮崎市 松泉宮 Shosenkyu MAP P4-C4



有大浴場、露天浴池和單間利用的單獨浴池等，可以享受多種溫泉。

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

【諮詢】(松泉宮) ☎0985-21-1111
【Inquiries】(Shosenkyu) ☎0985-21-1111

綾町 綾溫泉「照葉之湯」 Aya Hot Springs: Shoyo No Yu MAP P3-D2



大浴場裡有酒浴池、藥湯浴池等，旅店客房裡也有絲柏浴池。

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

【諮詢】(廠元 綾 酒泉之杜) ☎0985-77-2222
【Inquiries】(Kuramoto Aya Shusen No Mori) ☎0985-77-2222

宮崎市 MAP P4-B4



石崎之杜 歡鯨館
Ishizaki Kangeikan: Hoerukamu

宮崎市 MAP P3-E2



青井嶽莊
Aoi-dake Inn

木城町 MAP P3-D3



木城溫泉Yurara
Kijo Hot Springs: Yurara

西米良村 MAP P3-C2



西米良Yutato
Nishimera Yutato

高千穗町 天岩戶溫泉 Amanoiwato Hot Springs MAP P3-A3



有源於高千穗神樂的大浴場和三溫暖等。

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

【諮詢】(天岩戶溫泉) ☎0982-74-8288
【Inquiries】(Amanoiwato Hot Springs) ☎0982-74-8288

蝦野市 白鳥溫泉上湯・下湯 Shiratori Hot Springs: Ueyu, Shitayu MAP P3-E1



位於蝦野高原山腳的溫泉。也有露天浴池和蒸氣浴室等。

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

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



美鄉町 MAP P3-C3



南鄉溫泉山霧
Nango Hot Springs: Yamagiri

都城市 MAP P3-E2



觀音櫻之鄉
Sakura-no-sato

日之影町 日之影溫泉站・TR列車旅館 Hinokage Hot Springs Station, TR Train Inn MAP P3-B3



已全線廢止的列車車廂直接用作簡易住宿設施。

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

【諮詢】(日之影列車旅館有限責任事業公會) ☎0982-87-2600
【Inquiries】(Hinokage Train Inn Limited Liability Cooperative) ☎0982-87-2600

高原町 湯之元溫泉 Yunomoto Hot Springs MAP P3-E2



略帶紅色的碳酸氫鈉泉，別名「蘇打泉」很受歡迎。

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

【諮詢】(湯之元溫泉) ☎0984-42-3701
【Inquiries】(Yunomoto Hot Springs) ☎0984-42-3701

日南市 北鄉溫泉 Kitago Hot Springs MAP P3-F3



日南首屈一指的天然溫泉。這個地區有5處溫泉・住宿設施。

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

【諮詢】(北鄉 音色香之季・合歡之花) ☎0987-21-7110 / (Hotel J's 日南 Resort) ☎0987-55-3333 / (Sun Cherry 北鄉) ☎0987-55-3611 / (北鄉溫泉旅館 丸新莊) ☎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



山田溫泉「湯撲撲」
Yamada Hot Springs: Yupoppo

蝦野市 MAP P3-D1



京町溫泉
Kiyomachi Hot Springs

體驗 · 運動

Cultural Activities and Sports

要想進一步的瞭解宮崎，就要體驗這個地區獨有的風土人情。通過運動和休閒娛樂享受宮崎豐富多彩的氣候風土，再通過創作體驗讓旅程變得更加充實豐滿。

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.

陶藝 · 印染 · 紡織品

Pottery, Dyeing, Weaving

綾町

MAP P3-D2



在體驗實習館，全年都可以體驗陶藝、印染和紡織。

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

【諮詢】(綾國際手工藝城) ☎0985-77-1223

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

體驗雕刻

Hands-on Carving

高千穗町



裝飾神樂舞場四周的剪紙。既是吉祥物，也適合做特產。

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.

【諮詢】(高千穗町觀光協會) ☎0982-73-1213

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

採摘水果

Fruit Picking

小林市



1月~5月，可以採摘溫室栽培的草莓，9月可以採摘梨和葡萄。

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

製作陶俑 · 勾玉

Haniwa Magatama Jewel Creation

西都市

MAP P3-D3



開設16類體驗講座，讓你得以體驗古人的生活。

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

【諮詢】(古代生活體驗館) ☎0983-41-0041

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

撈飛魚

Flying Fish Catch

串間市



從海港開船到海裡，用誘魚燈打撈聚集在海面下的飛魚。

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.

【諮詢】(串間市東漁業合作社) ☎0987-76-1515

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

農家民宿

A Night in Farmhouse

縣內各地



在縣內的農村開展。住在農家，體驗宮崎的農家生活。

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

衝浪

Surfing

縣內各地 MAP P3-A4~G3



縣內各地都有變化多端的場地，一年四季都有波濤，是日本衝浪的聖地。

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

釣魚

Fishing

縣內各地



縣內的海港和海岸都設有釣魚場，宮崎臨海公園裡甚至設有釣魚公園。

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

五瀨町 MAP P3-B2



位於日本最南端、擁有海拔1610m的滑雪場的天然滑雪場。

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

【諮詢】(五瀨高地滑雪場) ☎0982-83-2144

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

潛水

Diving

縣內各地



在宮崎，潛水也受歡迎。受到黑潮帶來的恩惠，可以看到珊瑚礁以及熱帶魚。

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

縣內各地



騎馬 Horseback Riding

木城町



皮劃艇 Canoeing

高爾夫

Golf

縣內各地



南國宮崎即使在冬天，草坪也是綠油油的，所以在各地都可以打高爾夫球。代表日本的職業比賽也在這裡舉辦。

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

觀看運動的營地訓練

Sport Camp Spectating

縣內各地



在宮崎職業棒球和足球的營地訓練十分熱鬧。推薦2~3月、10月~11月兩個季節去觀看。

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

公園高爾夫

Park Golf

宮崎市

MAP P4-F4



有4個海風吹拂、蔥蔥鬱鬱的高爾夫球場，36個球洞。大人小孩都能玩。

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

【諮詢】(青島公園高爾夫球場) ☎0985-65-1113

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

山間徒步(olle)

Trekking (Olle)

縣內各地



霧立越，高千穗，霧島等的季節的魅力滿載。霧島九州Orure的套餐也被維修保養了。

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

小林市



觀星 Astronomy



人力車 Rickshaws

日南市



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.

宮崎是一個陽光燦爛、土壤肥沃的農業縣。也是食材的寶庫，既有山珍，也有海味。這樣的宮崎，其肥沃的土壤培育出的美食也都是絕品。



炭烤土雞 Charcoal-grilled Local Chicken

用炭火將土雞慢慢烤到恰到好處的焦黃色，是代表宮崎的土雞料理。

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



日向南瓜醬菜 Hyuga Pumpkin pickled in Miso



飴肥天 (炸飴肥) Obi Tempura



宮崎牛肉 Miyazaki Beef

宮崎引以為豪的品牌和牛，被評為擁有日本第一的肉質。Miyazaki's very own brand of Japanese beef, rated the best in Japan for quality of meat.

洋生菜卷 Lettuce Wraps



發祥於宮崎的壽司卷，用海苔將蝦、洋生菜和蛋黃醬一起卷起來。

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

肉卷飯團 Pork-wrapped Rice Balls



用調好味的豬肉將飯團卷起來，再用烤箱烘烤而成的速食。

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

出鍋烏龍麵 Hot Pot Udon



將剛出鍋的烏龍麵放入漂浮著油炸碎渣的湯汁中，蘸著湯汁食用。廣受縣民歡迎的風味。

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

雞南蠻 Chicken Namban



在炸雞上放上甜醋和 tartar 調味汁的食品。

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



伊勢蝦 Japanese Spiny Lobster

受黑潮的影響，伊勢蝦肉多，豐滿而富有彈性，口感柔和，實屬絕品。

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

地瓜乾 (OIMOPOCKLE) Pokkuru Potatoes



冷湯 Chilled Soup (Hiyajiru)

夏天的鄉土料理，將魚肉、豆腐、黃瓜等和冰涼的味噌湯混合攪拌而成。

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



外郎米粉糕 Sweet Rice Jelly



薄皮豆沙包 Yabure Steamed Buns



宮崎燒酒 Miyazaki Shochu

乾酪包 Cheese-filled Steamed Buns



在宮崎擁有不可動搖的人氣。使用了足量的植物性芝士，具有獨特的風味。Ever-popular in Miyazaki, these steamed buns are stuffed with a non-dairy cheese. A truly original taste.

芒果 Mango



栽培時按照糖度15度以上、重量350g以上這一嚴格的標準，甘甜之感可謂絕品。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)



可以連皮一併食用的金橘。大而甘甜，沒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



發祥於宮崎的柑橘類水果，內部的白色皮也可以食用，甜味清爽不膩。This citrus fruit of Miyazaki origin is refreshingly sweet. Even the white pith can be eaten.

美食

眺望裡阿斯式海岸 雄偉的自然風光

Look out Over Magnificent Natural Beauty of a Deeply Indented Coastline

擁有百濟王傳說的美鄉町。那裡既有作為日韓友好象徵而建造的西邊的正倉院（百濟館），還有自然編織出的雄壯景觀。既能觀賞到自然風光，又能學習到歷史。

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.

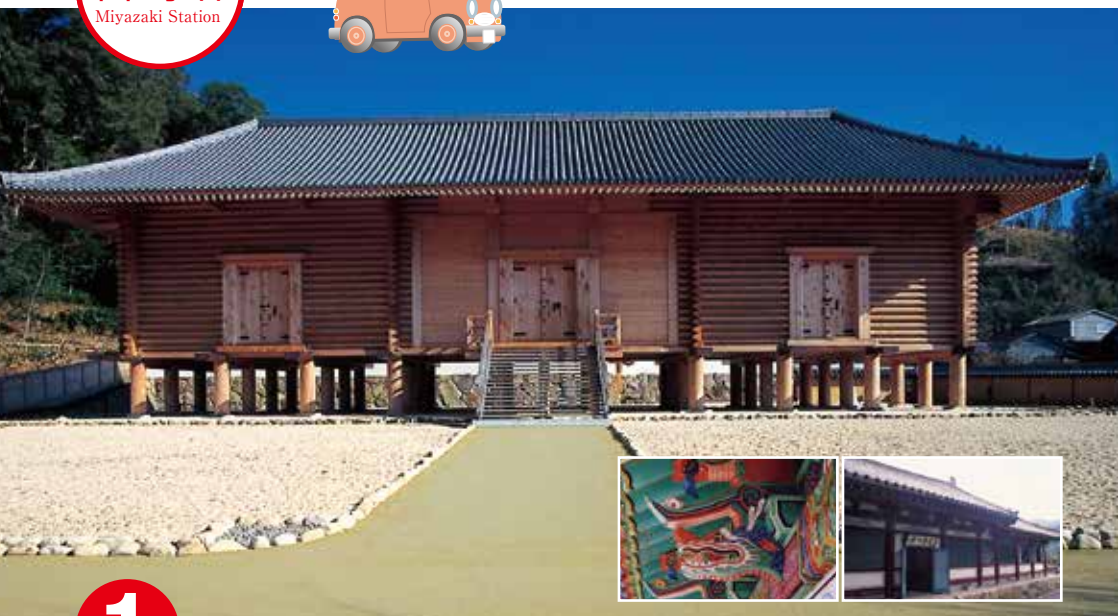


START
宮崎站
Miyazaki Station



從宮崎站出發，駕車約2小時15分鐘

Approximately 135 minutes by car from Miyazaki Station



1 西邊的正倉院（百濟館）
美鄉町
The Western Shosoin Temple (the Paekche Building)

作為日韓交流的象徵而建造。裡面藏有百濟時代的國寶的仿製品等。
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)

因岩石被侵蝕而看起來像十字，所以取名「十字海」。據說可以為人們實現願望。

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



3



駕車約10分鐘

Approximately 10 minutes by car



駕車約1小時22分鐘

Approximately 82 minutes by car

馬之背
日向市
Umagase

在太平洋的怒濤的洗禮下形成的高達70m的柱狀石紋斷崖絕壁。

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



4



駕車約50分鐘

Approximately 50 minutes by car

城山公園
延岡市
Shiroyama Park

延岡城的城址。被改造成了公園，也是賞櫻、賞山茶的名勝。

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

巡遊神話之鄉 高千穗

Visit Takachiho, where Myths Reside

高千穗町到處都是傳說中的場所，神話中眾神降臨的地方。欣賞在眾多觀光客中享有很高人氣的高千穗的美麗自然風光，巡遊與神話相關的場所。

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 宮崎站 Miyazaki Station



從宮崎站出發，駕車約3小時

Approximately 180 minutes by car from Miyazaki Station



1 高千穗峽谷 Takachiho Gorge

被阿蘇熔岩侵蝕後產生的長達20km的溪谷。夏天和秋天的景色都別具一格。

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 國見之丘 Kunimigaoka

高千穗町



駕車約20分鐘

Approximately 20 minutes by car

海拔513m，可以觀賞到阿蘇五嶽和祖母連山的全景。

★米許林·綠色導游·japon(1星獲得)

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

利用廢棄的鐵路隧道。可以在這裡買到高千穗的特產和燒酒等。

Buy Takachiho products and shochu within this old railway tunnel.



駕車約10分鐘

Approximately 10 minutes by car



駕車約15分鐘

Approximately 15 minutes by car

4 高千穗神社 Takachiho Shrine

高千穗町

擁有1200年歷史的古老神社。據說求姻緣非常靈驗。A shrine that boasts more than 1,200 years of history. Known for being fortuitous for forming marriage ties.



5 天岩戶神社· 天安河原 高千穗町

高千穗町

在神話而來的天岩戶是神身體。跌落天河灘也作為功率點受歡迎。

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.



駕車約20分鐘

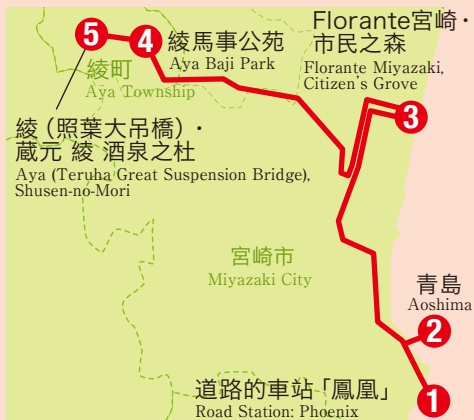
Approximately 20 minutes by car

飽享縣中地區的花兒和綠色

Experience the Flowers and Greenery of the Central Area

在宮崎，只要稍微離開宮崎市市區一點，就能融入豐富多彩的自然中。向東行走可以看到雄偉的日向灘，向西走則可以看到有很多照葉樹的森林。是一條觀賞自然景觀的路線。

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

宮崎站

Miyazaki Station

從宮崎站出發，駕車約30分鐘

Approximately 30 minutes by car from Miyazaki Station

1

道路的車站「鳳凰」

Road Station: Phoenix

宮崎市

俯瞰太平洋，可以觀賞到日南海岸最壯觀的景色。

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

駕車約6分鐘

Approximately 6 minutes by car

駕車約50分鐘

Approximately 50 minutes by car

2

青島

宮崎市

Aoshima

被稱為「鬼神洗衣板岩石」的條紋狀岩石包圍的小島。島上建有青島神社。

★★米許林·綠色導游·japon(2星獲得)

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)

4

綾·馬事公苑

綾町

Aya Baji Park

可以體驗騎馬和遛馬，春天還可以觀賞到櫻花和油菜花。

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

聯合國教科文組織
生物圈保護區
登錄地區

5

綾(照葉大吊橋)·
藏元綾酒泉之杜

綾町

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

可以看到日本最大的原始照葉樹林的吊橋。請在酒泉之杜購買特產。

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

聯合國教科文組織生物圈保護區是指? UNESCO Eco-park

以保護生態系統和協調持續使用為目的，具備保護、開發、學術三項機能的地區。可以期待與自然共生的地區發展。

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宮崎·
市民之森

宮崎市

Florante Miyazaki, Citizen's Grove

在Florante，一年四季都能觀賞到應季的花兒。市民之森的松林也很舒適。

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

駕車約60分鐘

Approximately 60 minutes by car

探索宮崎的歷史 和與感觀動物

Experiencing Miyazaki's History and Animals

在縣中地區，西都市散佈著約300座被認為建於西元前4世紀到西元6世紀的古墓。邊探索古墓和日本的太古世界，邊遊覽縣內唯一的動物園。

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.



4

鳳凰自然動物園

宮崎市

Miyazaki City Phoenix Zoo

國內首個展示動物們在大自然中的姿態的動物園。

This is the first zoo of its kind in Japan to present animals in settings that are close to their natural habitat.

駕車約10分鐘

Approximately 10 minutes by car



5

宮崎神宮

宮崎市

Miyazaki Shrine

供奉第一代神武天皇的宮崎神宮。

Miyazaki Shrine is a shrine to the memory of the first emperor, Jinmu.

駕車約60分鐘

Approximately 60 minutes by car



6

平和台公園

宮崎市

Heiwadai Park

平和台公園內建有「和平塔」，可以將宮崎市整個景色盡收眼底。

Heiwadai Park features Heiwa-no-To, a tower that lets you look out over the whole of the downtown area.

START
宮崎站
Miyazaki Station

從宮崎站出發，駕車約50分鐘

Approximately 50 minutes by car from Miyazaki Station



從西都原指南中心步行10分鐘

10 minutes on foot from the Saitobaru Guidance Center



1

西都原古墓群

Saitobaru Burial Mounds

西都市

散佈著300多座古墓的公園。園內還栽種著應季的花兒，所以也可以在裡面散步。

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



2 西都原考古博物館

西都市

Saitobaru Archaeological Museum of Miyazaki Prefecture

幫你加深古墓知識的博物館。可以參加讓管理員幫忙做講解的項目。(入館免費)

A museum that will further your knowledge of the burial mounds. There are curator-led guided tours as well. (Free admission)

駕車約60分鐘

Approximately 60 minutes by car



3

都農葡萄酒莊

都農町

Tsuno Winery

位於可以俯瞰市街的山丘上，可以參觀釀造過程，可以試飲，也可以購買。

Located on a hill with vistas of the entire town, the winery offers tours, tasting and purchases.

新
OMOTENASHI
當地美食

高鍋圓白菜肉卷蓋飯

高鍋町

Takanabe Rolled Cabbage Rice Bowl



將使用高鍋產圓白菜的小圓白菜肉卷覆蓋在米飯上，是具有新風味的蓋飯。

This new ricebowl dish features miniature cabbage rolls made with Takanabe cabbage, on a bed of rice.

在高鍋町內的2店舖能吃

Available at two restaurants in Takanabe.

都農河豚蓋飯

都農町

Tsuno Blowfish Ricebowl



使用都農町的名產，金色的「河豚」。蘸3種醬料食用。

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

在都農町內的4店舖能吃

Available at four restaurants in Tsuno.



周遊霧島連山

Wind Your Way Around the Kirishima Mountains

最容易感受到一年內四季變遷的是位於霧島連山山腳的縣西地區。很多觀光景點都可以一邊眺望雄壯的高千穗峰、韓國嶽，一邊觀賞綠色的牧場、湖畔的森林以及四季各異的花兒。

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



從都城IC出發，駕車約20分鐘

Approximately 20 minutes by car from Miyakonojo Exit

1 霧島 Factory Garden Kirishima Factory Garden

有啤酒工廠，可以參觀燒酒工廠，在那兒品嚐到的霧島裂縫水也很受歡迎。

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



駕車約30分鐘

Approximately 30 minutes by car

2 關之尾瀑布 Sekino-o Falls

小石塊削削岩石形成的圓穴群很有名，其規模在世界範圍內也算是很大的。

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.



3 高千穗牧場 Takachiho Ranch

可以騎馬，可以接觸牛犢，可以參觀學習，也可以體驗乳酪畜牧業的牧場。

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



駕車約60分鐘

Approximately 60 minutes by car



駕車約30分鐘

Approximately 30 minutes by car



駕車約40分鐘

Approximately 40 minutes by car

4 禦池野鳥之森公園 Miike Yacho-no-Mori Park

在位於霧島連山火山口湖山腳的公園裡，可以觀察到很多野鳥。

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

自然的寶庫哦！



新・OMOTENASHI 當地美食

都城烤肉三味船裝禦膳 Miyakonojo Yakiniku Zanmai Funamori Gozen

一個人的烤肉，船狀容器中裝著牛肉、豬肉、雞肉和當地的蔬菜。請蘸著3種醬料食用。

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.

在都城市內的4店舖能吃

Available at four restaurants in Miyakonojo.



駕車約30分鐘

Approximately 30 minutes by car



5 生駒高原 小林市

Ikoma Plateau

作為花的高原而聞名，栽種著油菜花、冰島罌粟和大波斯菊等花兒。

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



6 蝦野高原 蝦野市

Ebino Plateau

霧島錦江灣國立公園。是豐富多彩的自然寶庫，可以觀賞到四季各異的景色。
Kirishima Kinko Harbor National Park. Abundant with nature, this park offers various views throughout the year.



駕車約40分鐘

Approximately 40 minutes by car



感受森林的氣息，觀賞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

巡遊蝦野高原・火山湖

Trekking up in Ebino Plateau and its Lakes

「巡遊蝦野高原火山湖・探訪自然之路」被評選為適合森林浴的森林百選和想要漫步的道路五百選。讓我們走在這條路上，感受自然的氣息吧。

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 Lake Byakushi



直徑250m、水深1m左右的火山口湖。曾經被用作嚴冬的滑冰場。

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.

六觀音禦池 Lake Rokkannon-miike



湖水呈鈷藍色，被認為是霧島最美的湖。秋天紅葉期間，也非常美麗，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.

不動池 Lake Fudo



透明度高，據說一天可以變換七種顏色的湖。蝦野高原上唯一一個可以在車上看到的湖。

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 蝦野市

Green Park Ebino

有花園，可以參觀可口可樂的工廠等，是一處具有多重目的的設施。

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

駕車約10分鐘



8 蝦野溫泉 蝦野市

Ebino Hot Springs

縣內首屈一指的溫泉鄉。京町、吉田、白鳥、加久藤等，蝦野市市內各地都有溫泉。

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.



飽享南國的自然風光 and 情調

Drink in the Natural Beauty and Atmosphere of the Southern Climes

沿著太平洋一望無垠的藍色大海，從南北走向的國道一路南下。有殘留著江戶風情的街道，有可以接觸野生動物的景點，這個地區可以同時飽享歷史和休假。

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
宮崎站
Miyazaki Station



從宮崎站出發，駕車約40分鐘

Approximately 40 minutes by car from Miyazaki Station



1 日南之日落
Sun Messe Nichinan

擁有7具復活節島摩艾石像的完全仿製品的娛樂設施。
This relaxing location includes seven carved replicas of the moai statues from Easter Island.



駕車約2分鐘

Approximately 2 minutes by car

2 鵜戶神宮
Udo Shrine

日南市

朱漆的正殿祭神坐鎮面向大海的洞窟，是一個很罕見的神社。

★米許林·綠色導游·japon (1星獲得)

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



駕車約50分鐘

Approximately 50 minutes by car



駕車約40分鐘

Approximately 40 minutes by car

3 豬八重溪谷
Inohae Gorge

日南市

可以聽到豬八重川潺潺水聲的散步道周邊為中心，隨意漫步，這在遊客中很有人氣。

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



新・OMOTENASHI
當地美食

烤鰹魚飯
Grilled Bonito

日南市

用炭爐炙烤當日早上捕撈到的調好味的新鮮鰹魚，再將其蓋在米飯上食用。最後請用茶水泡著吃。

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.

在日南市內的11店舖能吃
Available at eleven restaurants in Nichinan.



4 饒肥城・饒肥城下町 日南市

Obi Castle, Obi Castle Town
有殘留著江戶風情的城下町，也有重現了藩主府邸的屋子。
See the castle town that dates back to the Edo period, and the reconstructed home of the castle's lord.

駕車約35分鐘 Approximately 35 minutes by car



5 Marine Viewer 日南市

Marine Viewer Nango
半潛式的水中觀光船，可以乘坐玻璃船漫遊日南海中公園的大海。
Take a walk on the ocean in a semi-submersible glass-bottomed boat at the Nichinan Marine Park.

在船上可以看到海裡的景象，真棒！



駕車約5分鐘 Approximately 5 minutes by car



6 道路車站南鄉「藍花楸之森」 日南市

Road Station Nango Jacaranda Grove
到了5月下旬，日本唯一一個擁有700株藍花楸的藍花楸群生林開出藍紫色的花朵。
From late May onward, Japan's only grove of 700 jacaranda trees is in bloom with their lovely bluish purple flowers.



7

幸島 串間市



Kojima
約100頭野生猿猴棲息於此，他們的文化程度頗高，會用水清洗白薯然後再食用。
Roughly 100 wild monkeys, with social skills advanced to the point where they wash their potatoes before eating them, live here.

駕車約20分鐘 Approximately 20 minutes by car



駕車約30分鐘 Approximately 30 minutes by car



8 都井岬 串間市

Cape Toi
在可以俯瞰太平洋的岬一帶，棲居著好幾頭野生馬。
The pacific ocean spreads out before your eyes at this cape which is also home to numerous wild horses.

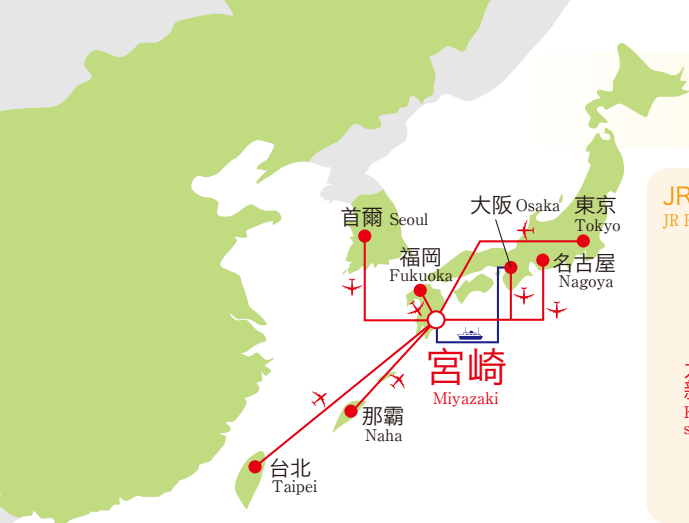
駕車約50分鐘 Approximately 50 minutes by car



9 志布志灣大黑海豚樂園 串間市

Shibushi Harbor Daikoku Dolphin Land
是一個可以接觸海豚，可以給企鵝餵食等的娛樂設施。
A playground where you can get close to dolphins and feed penguins and other animals.





航空 By Air

路線 Route	所需時間 Required time	定期航班 Regular services	公司名 Airline name
東京(羽田)~宮崎 Tokyo (Haneda) - Miyazaki	約90分鐘 Approx. 90 min	往返18次 18 round trips	ANA·JAL·SNA ANA/JAL/SNA
大阪(伊丹)~宮崎 Osaka (Itami) - Miyazaki	約60分鐘 Approx. 60 min	往返11次 11 round trips	ANA·JAL ANA/JAL
名古屋(中部)~宮崎 Nagoya (Chubu) - Miyazaki	約75分鐘 Approx. 75 min	往返3次 3 round trips	ANA ANA
福岡~宮崎 Fukuoka - Miyazaki	約45分鐘 Approx. 45 min	往返15次 15 round trips	ANA·JAC·IBEX ANA/JAC/IBEX
沖繩~宮崎 Okinawa - Miyazaki	約80分鐘 Approx. 80 min	往返1次 1 round trips	SNA SNA
首爾~宮崎 Seoul - Miyazaki	約100分鐘 Approx. 100 min	每週往返3次 3 round trips a week	韓亞航空(OZ) Asiana Airlines (OZ)
臺北~宮崎 Taipei - Miyazaki	約120分鐘 Approx. 120 min	每週往返3次 3 round trips a week	中華航空(CI) China Airlines (CI)

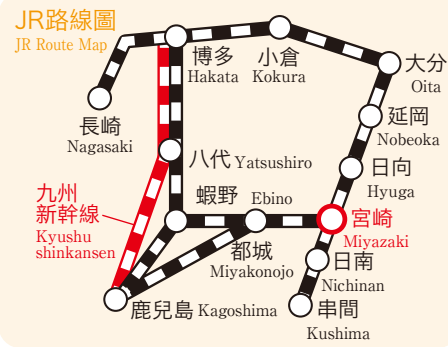
【諮詢】(ANA) ☎0570-029-222 / (JAL) ☎0570-025-071 / (Solaseed Air) ☎0570-037-283 / (IBEX 航空) ☎0120-686-009 / (韓亞航空) ☎0985-35-0011 / (中華航空) ☎0985-64-9277

【Inquiries】(ANA) ☎0570-029-222 / (JAL) ☎0570-025-071 / (Solaseed Air) ☎0570-037-283 / (IBEX Airlines) ☎0120-686-009 / (Asiana Airlines) ☎0985-35-0011 / (China Airlines) ☎0985-64-9277

輪渡 Car Ferry

航路 Route	航班數、時刻表 Number of flights, Time table
大阪航路 Osaka route	<p>每日運行 Daily</p> <p>19點00分出發 → 次日7點30分到達 Depart at 19:00 Arrive at 07:30 on the next day</p> <p>次日8點40分到達 ← 18點45分出發(星期一至星期六) Arrive at 08:40 on the next day Depart at 18:45 (From Monday to Saturday)</p> <p>次日8點40分到達 ← 18點00分出發(星期日) Arrive at 08:40 on the next day Depart at 18:00 (Sunday)</p>

【諮詢】(宮崎輪渡(預約中心))
【大阪】☎06-6616-4661 / 【宮崎】☎0985-29-5566
【Inquiries】(Miyazaki Car Ferry (Reservation Center))
【Osaka】☎06-6616-4661 / 【Miyazaki】☎0985-29-5566



JR JR

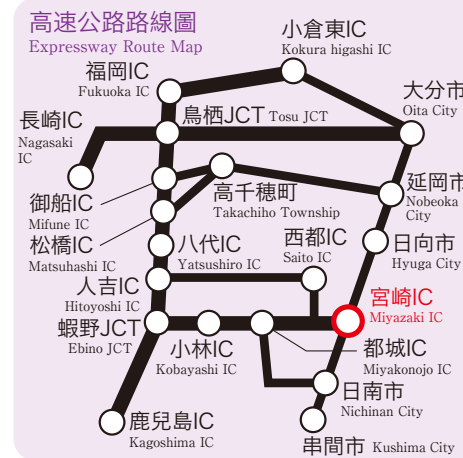
區間 Areas	所需時間 Required time
博多~宮崎 Hakata - Miyazaki	約5小時(利用九州新幹線的話,約3小時40分鐘) Approx. 5 hours (by using Kyushu Shinkansen - approx. 3 hours 40 minutes)
小倉~宮崎 Kokura - Miyazaki	約4小時20分鐘 Approx. 4 hours and 20 min.
大分~宮崎 Oita - Miyazaki	約3小時 Approx. 3 hours.
延岡~宮崎 Nobeoka - Miyazaki	約1小時 Approx. 1 hour.
日向~宮崎 Hyuga - Miyazaki	約43分鐘 Approx. 43 min.
鹿兒島~宮崎 Kagoshima - Miyazaki	約2小時 Approx. 2 hours.
宮崎機場~宮崎 Miyazaki airport - Miyazaki	約15分鐘 Approx. 15 min.

JR(新幹線)+高速巴士(B&S宮崎)

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

區間 Areas	所需時間 Required time
博多~宮崎 Hakata - Miyazaki	約2小時59分鐘 ※包含換乘時間在內的最短時間 Approx. 2 hours and 59 min. *The fastest time including connection time
新八代~宮崎 Shin-Yatsushiro - Miyazaki	約2小時5分鐘 ※僅限高速巴士 Approx. 2 hours and 5 min. *Highway Bus only

【諮詢】(JR宮崎站) ☎0985-23-3454
【Inquiries】(JR Miyazaki Station) ☎0985-23-3454



高速巴士 Highway bus

巴士名稱 Bus name	區間 Areas	所需時間 Required time	航班數 Number of flights	運營公司 Bus company
PHOENIX號(鳳凰號) Phoenix	福岡~宮崎 Fukuoka - Miyazaki	約3小時49分鐘 Approx. 3 hours and 49 min.	1日往返28次 28 round trips a day	宮崎交通、西日本鐵道、西鐵高速巴士、九州產交巴士、JR九州巴士 Miyazaki Kotsu, Nishi-Nippon Railroad, Nishitetsu Highway Bus, Kyushu Sanko Bus, JR Kyushubus
GOKASE號 Gokase	福岡~延岡 Fukuoka - Nobeoka	約4小時15分鐘 Approx. 4 hours and 15 min.	1日往返4次 4 round trips a day	宮崎交通、西日本鐵道 Miyazaki Kotsu, Nishi-Nippon Railroad
NANPU號 Nanpu	熊本~宮崎 Kumamoto - Miyazaki	約2小時50分鐘 Approx. 2 hours and 50 min.	1日往返14次 14 round trips a day	宮崎交通、九州產交巴士 Miyazaki Kotsu, Kyushu Sanko Bus
HAMAYU號 Hamayu	鹿兒島~宮崎 Kagoshima - Miyazaki	約2小時45分鐘 Approx. 2 hours and 45 min.	1日往返7次 7 round trips a day	宮崎交通、南國交通 Miyazaki Kotsu, Nangoku Kotsu
BLUE-ROMAN號 Blue Roman	長崎~宮崎 Nagasaki - Miyazaki	約5小時20分鐘 Approx. 5 hours and 20 min.	1日往返2次 2 round trips a day	宮崎交通、長崎縣營巴士 Miyazaki Kotsu, Nagasaki Prefectural Bus
阿蘇號·高千穗號 Aso/Takachiho	熊本~延岡 Kumamoto - Nobeoka	約3小時45分鐘 Approx. 3 hours and 45 min.	1日往返2次 2 round trips a day	宮崎交通、九州產交巴士 Miyazaki Kotsu, Kyushu Sanko Bus
B&S 宮崎 B&S Miyazaki	新八代~宮崎 Shin-Yatsushiro - Miyazaki	約2小時15分鐘 Approx. 2 hours and 15 min.	1日往返16次 16 round trips a day	宮崎交通、JR九州巴士、九州產交巴士 Miyazaki Kotsu, JR Kyushubus, Kyushu Sanko Bus
OHISAMA號 Ohisama	京都·大阪·神戶~宮崎 Kyoto/Osaka/Kobe - Miyazaki	約13小時 Approx. 13 hours.	1日往返1次 1 round trips a day	近鐵巴士※也可以在宮崎交通預約 Kintetsu Bus *Reservation also available at Miyazaki Kotsu
HIMUKA Himuka	宮崎~延岡 Miyazaki - Nobeoka	約1小時50分鐘 Approx. 1 hour and 50 min.	1日往返8次 8 round trips a day	宮崎交通、JR九州巴士 Miyazaki Kotsu, JR Kyushubus

【諮詢】(九州高速巴士預約中心) ☎0120-489-939 (手機·PHS 用戶請撥打092-734-2727) / (宮崎交通高速巴士預約中心) ☎0985-32-1000 / (宮崎交通乘客巴士諮詢中心) ☎0985-32-0718 / (JR宮崎站「B&S 宮崎」) ☎0985-23-3454 / (西日本鐵道乘客中心) ☎0570-00-1010 (手機·PHS 用戶請撥打092-303-3333) / (西鐵高速巴士) ☎0570-00-1010 (手機·PHS 用戶請撥打092-303-3333) / (九州產交巴士) ☎096-354-4845 / (南國交通) ☎099-259-6781 / (長崎縣營巴士) ☎095-823-6155 / (近鐵巴士) ☎06-6772-1631
【Inquiries】(Kyushu Highway Bus) ☎0120-489-939 (Call 092-734-2727 from Mobile/PHS) / (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) ☎0570-00-1010 (Call 092-303-3333 from Mobile/PHS) / (Nishitetsu Highway Bus) ☎0570-00-1010 (Call 092-303-3333 from Mobile/PHS) / (Kyushu Sanko Bus) ☎096-354-4845 / (Nangoku Kotsu) ☎099-259-6781 / (Nagasaki Prefectural Bus) ☎095-823-6155 / (Kintetsu Bus) ☎06-6772-1631

高爾夫球場

Golf courses



住宿設施

Accommodations



地區 Area	高爾夫球場名 Name of Golf course	電話號碼 Telephone number	URL Link
延岡市 Nobeoka City	北方高爾夫俱樂部 Kitakata Golf Club	0982-38-0006	www.cherry-group.jp/course-kitakata/index.php
	延岡高爾夫俱樂部 Nobeoka Golf Club	0982-43-0101	www.cherry-group.jp/course-nobeoka/index.php
日向市 Hyuga City	美美津鄉村俱樂部 Mimitu Country Club	0982-58-1140	www.mimitu-cc.jp/
門川町 Kadogawa Town	J's Country Club日向球場 J's Country Club Hyuga Course	0982-63-2111	www.jsgolf.jp/hyuga/
宮崎市 Miyazaki City	宮崎鄉村俱樂部 Miyazaki Country Club	0985-56-4114	www.miyakoh.co.jp/golf/
	鳳凰鄉村俱樂部 Phoenix Country Club	0985-21-1301	www.seagaia.co.jp/index.html
	宮崎國際高爾夫俱樂部 Miyazaki Kokusai Golf Club	0985-73-1606	www.pacificgolf.co.jp/miyazakikokusai/index.asp
	J's Country Club高原球場36 J's Country Club Kogen Course 36	0985-82-1212	www.jskogenc.jp/
	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鄉村俱樂部 UMK Country Club	0985-39-8122	golf.pr.miten.jp/golf/umkcc/index.htm
	青島高爾夫俱樂部 Aoshima Golf Club	0985-65-1001	booking.accordiagolf.com/guide/3503419.html
	愛和宮崎高爾夫俱樂部 Aiwa Miyazaki Golf Club	0985-74-1515	www.aiwaresort.com/
	Miyazaki Public Golf Miyazaki Public Golf	0985-56-3355	www.miyakoh.co.jp/public/
	大澗川高爾夫球場 Oyodogawa Golf	0985-48-1934	golf.pr.miten.jp/golf/oydss/index.htm
	宮崎國際機場鄉村俱樂部 Miyazaki Kokusai-Kuko Country Club	0985-86-0770	www.mkk-cc.com/
	湯姆士·華生高爾夫球場 Tom Watson Golf Course	0985-21-1301	www.seagaia.co.jp/index.html
	宮崎大澗鄉村俱樂部 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/	
國富町 Kunitomi Town	宮崎高爾夫俱樂部 Miyazaki Golf Club	0985-75-3131	golf.pr.miten.jp/golf/miygc/index.htm
	龜甲鄉村俱樂部 Kame-no-ko Country Club	0985-75-3455	golf.pr.miten.jp/golf/kamekcc/index.htm
新富町 Shintomi Town	宮崎座論梅高爾夫俱樂部 Miyazaki Zaronbai Golf Club	0983-35-1311	www.mssystem1.com/zaronbaig/
	一瀨川縣民運動中心 Hitotsuse River Public Course	0983-33-5585	www.hitotsuse.or.jp/
都城市 Miyakonojo City	都城母智丘鄉村俱樂部 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	高原高爾夫俱樂部 Takaharu Golf Club	0984-42-0376	takaharugc.com/index_hp.html
小林市 Kobayashi City	J's Country Club小林球場 J's Country Club Kobayashi Course	0984-23-3111	www.jsgolf.jp/kobayashi/
日南市 Nichinan City	J's Country Club日南球場 J's Country Club Nichinan Course	0987-55-3333	www.jsgroup.jp/
串間市 Kushima City	日南串間高爾夫球場 Nichinan Kushima Golf Course	0987-71-3111	www.princehotels.co.jp/golf/kushima/

地區 Area	飯店名 Hotel name	電話號碼 Telephone number	URL Link
高千穗町 Takachiho Town	雲海的投宿處Chigi Unkai no Yado Chigi	0982-72-2821	www.chigi-takachiho.jp/
	民間藝術旅館kamino家 Inn Kaminoya	0982-72-2111	kaminoya.jp/
	旅館 神仙 Inn SHINSEN	0982-72-2257	www.takachiho-shinsen.co.jp/
	花旅館岩戶店 Inn Iwatoya	0982-74-8118	iwatoya.com/
	杜的投宿處酒店四季看 Hotel Shikimi	0982-72-3733	www.shikimi.jp/
延岡市 Nobeoka City	Merieges酒店延岡 Hotel Merieges Nobeoka	0982-32-6060	www.merieges-n.co.jp/
日向市 Hyuga City	Verfort日向酒店 Hotel Verfort Hyuga	0982-52-0001	verfort.co.jp/
川南町 Kawaminami Town	竹乃屋酒店 Hotel Takenoya	0983-21-3330	www.hotel-takenoya.com/
宮崎市 Miyazaki City	青島Grand酒店 Aoshima Grand Hotel	0985-65-0111	www.aoshima-gh.co.jp/
	青島Cinqmale Aoshima Cinqmale	0985-55-4390	www.cinqmale.co.jp/
	青島水光苑酒店 Aoshima Suikoen Hotel	0985-65-1234	suikoen.net/
	APA酒店〈宮崎站橋通〉Apa Hotel〈Miyazakieki Tachibanadori〉	0985-20-5500	www.apahotel.com/
	太陽鳳凰大飯店 Sun Hotel Phoenix	0985-21-1313	www.seagaia.co.jp/japanese/hotel/sun.html
	喜來登頂級海洋渡假大飯店 Sheraton Grande Ocean Resort	0985-21-1133	www.seagaia.co.jp/japanese/hotel/sgor.html
	地藏菴 Jizoan	0985-65-0039	www.jizoan.jp/
	東橫INN宮崎驛前 Toyoko Inn Miyazaki Ekimae	0985-32-1045	www.toyoko-inn.com/hotel/00101/
	New Wel City宮崎 New Wel City Miyazaki	0985-23-3311	www.nwc-miyazaki.co.jp/
	Grantia酒店青島太陽/陽閣 Hotel 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/
	宮崎全日空假日度假酒店 ANA Holiday Inn Resort Miyazaki	0985-65-1555	www.anahirmiyazaki.com
宮崎觀光酒店 Miyazaki Kanko Hotel	0985-27-1212	www.miyakan-h.com/	
Regalo酒店宮崎 REGALO Hotel Miyazaki	0985-31-6300	www.regalo-h.com/miyazaki/	
日南市 Nichinan City	kanpono投宿處日南 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/
	日南海岸南郷王子大飯店 Nichinankaigan Nango Prince Hotel	0987-64-2111	www.princehotels.co.jp/nango/

其他