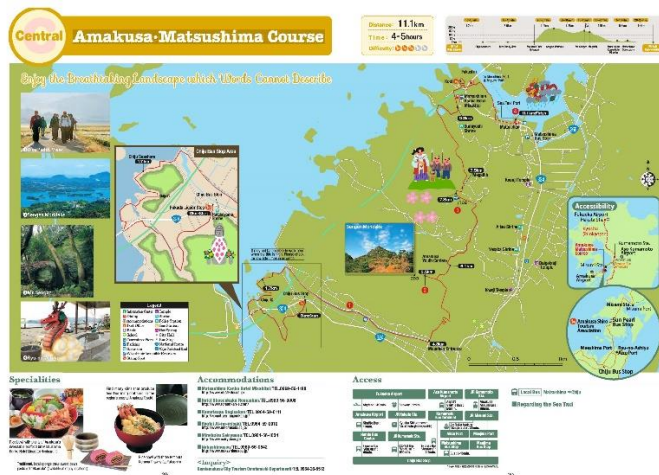


Kyushu Olle

Amakusa-Matsushima Course



What is Kyushu Olle?

Originating from Jeju Island in South Korea,

“Olle” is a local dialect word that refers to a narrow path connecting a house to the main road. Inspired by the popular Jeju Olle trails, Kyushu Olle offers walking routes that showcase the rich nature, culture, and history of Kyushu.

How to Walk the Trail

Along the course, hikers can follow a series of

waymarks, including Kanse horse-head signs, blue and red ribbons, and wooden arrows. The direction indicated by the horse-head signs and arrows shows the route to follow.

Enjoy the coastline, mountains, villages, and seasonal scenery at your own pace while experiencing the unique culture, history, and local cuisine of each area.

Kanse The horse's head points in the direction hikers should follow.



Ribbons Follow the blue and red ribbons along the trail.



Wooden Arrows These wooden arrows are placed at trail junctions.

The blue arrow indicates the forward direction, while the red arrow

shows the reverse direction.



【Amakusa-Matsushima Course】

◆ Distance: 11.1km

◆ Time: 4~5 hours

◆ Difficulty: Intermediate

◆ Stamp Points:

★ Amakusa Shiro Tourist Information Center (8:30 AM–5:30 PM /

Closed: 2nd & 4th Wednesday, New Year holidays)

★ Matsushima Kanko Hotel Misakitei (10AM-5PM)

★ Mitchan's Handicrafts and Sewing Studio (9:30AM-4:30PM)

◆ Access (by public transportation):

Hakata Station (博多駅) ➡ «Bullet Train (Shinkansen)» ➡

Kumamoto Station (熊本駅) ➡ «Bus・Rapid (Kaisoku) Amakusa»

➡ Chiju (知十) 【Start Point】

※After finishing the course, please board the bus at Matsushima (松島).

◆ Access (By car):

Please use the municipal parking lot behind FamilyMart Matsushima Aitsu Store, located near Aitsu Port and the Ryū-no-Ashiyu (Dragon Footbath). Since the starting point is approximately 5 km from the parking lot, we recommend taking a bus or taxi from Matsushima to Chiju (知十).

◆ 【View Points】

a. Chiju Kannon (知十観音) ➡ b. Dago Ishi (だご石) ➡ c. Ochozu (御

手水) Falls ➡ d. Chiju Coast (知十海岸) (1.7 km) ➡ e. Extensive Rice

Fields ➡ f. Mt. Sengan (千巖山) (7.3 km) ➡ g. Megalith (7.8 km) ➡

h. Ryu-no-Ashiyu (龍の足湯) (11.1 km)

※ **Dago Ishi is located slightly off the course but can be reached by a short detour.**

a. Chiju Kannon (知十観音) is the starting point of the Matsushima Course. It is said that mothers once prayed here for babies who drooled excessively, and their prayers were answered. Hatakeyama Shrine stands above the rock wall behind Chiju Kannon.



b. Dago Ishi is a large rounded rock formed approximately 50 million years ago through weathering and erosion. Although it appears as if it could fall at any moment, it has remained in place for over a million

years. Because it never falls, it is considered a symbol of success in examinations and other challenges.



c. **Ochozu Falls** originates from Mt. Taromaru and Mt. Jiromaru. Water flows gently down a 40-degree rock slope over a distance of 2.5 km, creating a beautiful waterfall approximately 10 meters wide. Cherry blossoms bloom nearby in spring, and fireflies can be seen along the clear stream.



d. Chiju Coast (知十海岸) is characterized by shallow waters and offers fantastic views of the islands scattered across the Ariake Sea.

※Please note that seawater may reach your feet during high tide, especially during spring tides.



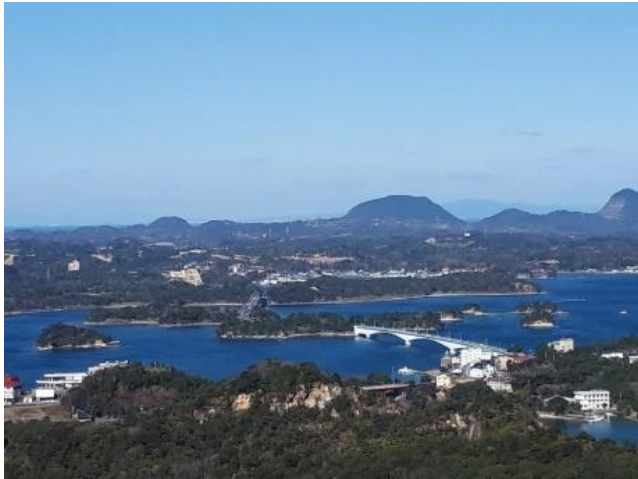
e. Extensive Rice Fields are known for their early rice harvest and cover more than 500,000 square meters. Land reclamation in this area began in 1674 and was completed in 1838 after five stages of development. Both sides of the mountains are the sandstones of Shiratake layers, deposited in layers 50 million years ago. Impressive cliffs can be seen to the west, and you are able to see carps and crucian carps in the stream of the river.



f. Mt. Sengan is a nationally designated scenic site formed through geological uplift that occurred 10 to 20 million years ago. The islands of Amakusa Matsushima were formed from sandstone created when sand deposited in a shallow sea about 50 million years ago hardened over time and was later shaped by weathering and erosion.

During the Shimabara-Amakusa Rebellion of 1637, it is said that Amakusa Shiro gathered local Christians here and shared sake with them.

From the summit, visitors can enjoy panoramic views of Amakusa Matsushima—one of Japan's Three Great Matsushimas—and the Amakusa Five Bridges.



g. Megalith consists of huge rocks formed by erosion. It is said that wishes come true if you pass through the gap between the rocks while making a wish.



h. At the finish point, **Ryu-no-Ashiyu** (Dragon Footbath), visitors can relax and soothe their tired feet in the warm footbath free of charge.



★★★ Information of Matsushima Course ★★★

Along with Matsushima in Miyagi Prefecture and the Kujukushima Islands in Nagasaki Prefecture, Amakusa Matsushima is recognized as one of Japan's Three Great Matsushimas.

