



ナナメ上ノ上天草。
NANAME-UE KAMIAMAKUSA

Natural and Spiritual
Power Spots

Key Point

This route
will give you
energy



1 Day Course

AM

6:00
DEP

30min



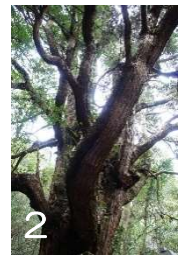
The elevation of Mt. Ryugatake is ▲ 470 meters. At the top of Mt. Ryugatake, you'll see the panoramic view of the surrounding area, such as Aso, Unzen, and Kirishima

Please check out the time for sunrise.

1. The Sunrise at Mt. Ryugatake

Let's get up a little bit earlier and go get some energy☀️

Mt. Ryugatake is one of Amakusa Kankai Alps. You'll get the full of energy after you've soaked in the sunrise 🎵 The blue-violet sky gradually begins to turn orange. You will be satisfied with the picturesque view of the Yatsushiro Sea and the islands which brightly shines.



2. A cedar tree with the god's spirit

The small shrine of the mountain god is enshrined at the root of this old cedar trunk

It has been designated as a natural monument by Kamiamakusa city and is located about 10 minutes from the entrance.

3. The Heart Rock

The spot for the success of your love 🎵

There is a legend that ancient people used to communicate with the god by pouring alcohol into the heart shape, which has been created by nature 🍷



Access

Take Route 266 to go to Ryugatake town from Kumamoto city. Turn right at the end of Ohdo Port, and you'll get to 『Myui Astronomical Observatory』. 3 minutes walk from the parking lot of there.



30min

An Ako tree at Nagame

15min



The tree is estimated to be over 300 years old.

The tree is located in Nagame Jugosha Shrine. Ako trees grow wildly throughout Amakusa area. This Ako tree has been designated as a natural monument by Kumamoto prefecture. The 11-meter-long trunk is ranked 1st in Kumamoto Prefecture and ranked 3rd in Japan. It is a sacred tree with roots sticking out all over the grounds of the shrine. You feel the history of it.



Address

【Nagame Shrine】
3947-2 Himeura, Himedo machi, Kamiyamakusa city



15min

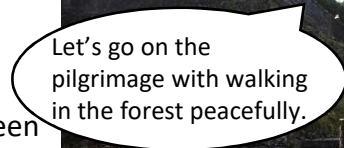
Kinshoji Temple

1h



There is 「New Shikoku 88 Temples Pilgrimage」 around the temple.

It is located in a quiet mountain village, Kyoragi. The total length of 「New Shikoku 88 Temples Pilgrimage」 route is about 1.4 kilometers and 40 minutes walk. It was designed to take into account of actual 'Shikoku's 88 sacred places'. 88 stone Buddhists are enshrined in the sand received from 88 places in Shikoku, which have been worshipped by people.



Address

☎ 0969-57-0024

2365 Kyoragi, Matsushima machi, Kamiyamakusa city



10min

Iwaiguchi Kannon Falls

30min



A small statue of Kannon is located in the middle of the waterfall.

Water flows down from the slopes of huge rock into the lake of the Kyoragi Dam, called Kannon Pond, and is also known as 『Todoroki Kannon Falls』. You feel calm by the sound of waterfalls, fresh air, and clear water. 🍷



Access

6 minutes by car to take Route 59 from Kinshoji Temple heading toward Kuratake. Park a car at the observatory of Iwaiguchi Kannon Falls. It takes 5 minutes by walking to get to the waterfalls.



20分



Matsushima Area

Lunch Time

1.5h



Looks yummy~

For more information, please check here. →



PM

Megalith

40min

Huge rocks that have been weathered over many years.

These rocks were crumbled down by erosion of Senganzan Mountain. It is said that your wish will come true if you would pass through the cavity below.

Kyushu Olle Matsushima course



Access

15 minutes on foot following the blue and red ribbons of the Kyushu Olle course toward megalith from Senganzan Mountain



5min

Sea Cruise

2h

Dolphin Watching or Gokyo Cruising

◆ Dolphin watching which has 98% encounter rate <2h>

◆ Gokyo (Five Bridges) Cruising <30min>

〔Many islands + Blue Sea + Five Bridges = Superb View〕

You feel relaxed, and you would have a special feeling that you could not experience anywhere else.



Please check in at the reception desk in mio camino.

Address

☎ 0969-56-2458

〔mio camino AMAKUSA〕 6215-17 Aizu, Matsushima-machi, Kamiamakusa city



8min

Pearl Sun Beach

1h

You can walk to the island across the sandbars at low tide

From the beach, you can see Mt. Takamoku, which is also known as Amakusa Fuji, and at low tide you can cross to the island like the French World Heritage Site, 『Mont Saint-Michel』. Beach bathing is also recommended in summer. A beach house, shower rooms, bathrooms are available to use.



Address

Hiai, Aizu, Matsushima machi, Kamiamakusa city



30min



Hokabura Natural Coast

1.5h

The stratum from the dinosaur era is 85 million years ago's

It's a part of Kyushu Olle Iwajima course and natural coast that exists from the infinite past. Park your car at Iwa Sakura-Hana park, and 20 minutes' walk in the forest to get to the coast. You feel like you are at a uninhabited island.



Kyushu Olle Iwajima Course



It may not be possible to walk here when the tide is high. Please check for low tide times in advance

Access

20 minutes by walk from the parking lot at Iwa Sakura-Hana Park

〔Zozo-gama Pottery〕

1005 Iwa, Oyano-machi, Kamiamakusa city





10min

Matsude Gankake Jizo

10min



You might win a lottery ! ?

The Jizo says “only one wish at a time” as it’s known as “one wish Jizo” . If you say your name in your heart seriously, your wish would come true as the story goes. In recent years, it has been said that it brings you a good luck for winning lotteries.



Access

From the parking lot at Iwa Sakura-Hana Park, go back a bit to the junction towards Zozo port, and headed towards Senzoku Tenman-gu shrine.



20min

Only one wish to invoke and do not forget to tell your name!

Spa Thalasso AMAKUSA

3h



Genuine Thalassotherapy facility

Using heated sea water, they offer various activities and personal cares in the swimming pool on the 2nd floor. On the 1st floor, you can enjoy the ocean view bath and restaurant while watching the sun sink below the horizon.



Address

☎ 0964-56-1126

732-14 Kami, Oyano machi, Kamiamakusa city



We recommend having a delicious meal before taking a bath and have a soft-serve ice cream after taking a bath.



Please come again !



ナナメ上ノ上天草。

NANAME-UE KAMIAMAKUSA

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