



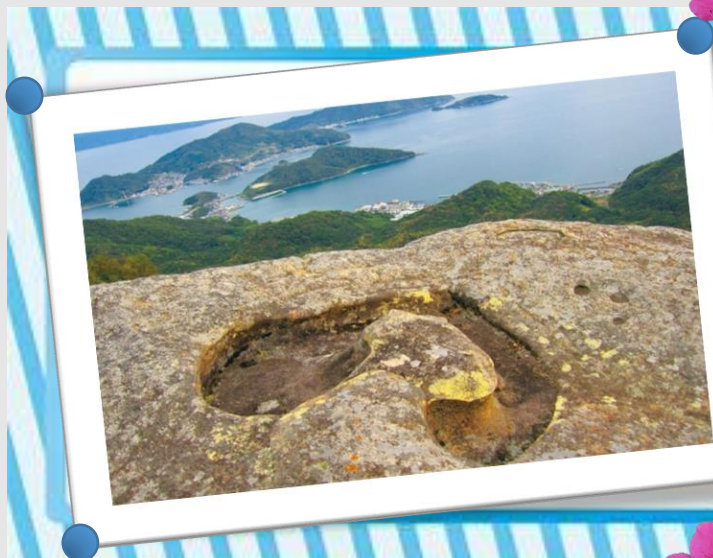
ナナメ上ノ上天草。

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 feel satisfied with the picturesque view of the Yatsushiro Sea and the islands which brightly shines.

2. A cedar tree with 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』. It's a 3 minute walk from the parking lot.



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 the 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 can feel the history of it.

**Big !!**

15min

Kinshoji Temple

1h



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

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

Address

【Nagame Shrine】

3947-2 Himeura, Himedo-machi, Kamiyamakusa City



Let's go on the pilgrimage by walking in the forest peacefully.



10min

Iwaiguchi Kannon Falls

30min



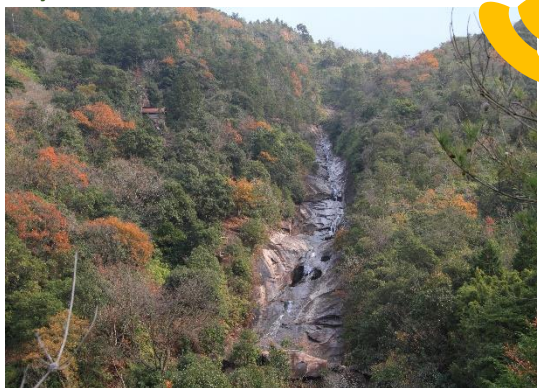
A small statue of Kannon is located in the middle of the waterfall.

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

Address

☎ 0969-57-0024

2365 Kyoragi, Matsushima machi, Kamiyamakusa City



20分

Access

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

Matsushima Area

Lunch Time

1.5h



Looks yummy~

For more information, please check here. ➡



Megalith

40min

PM

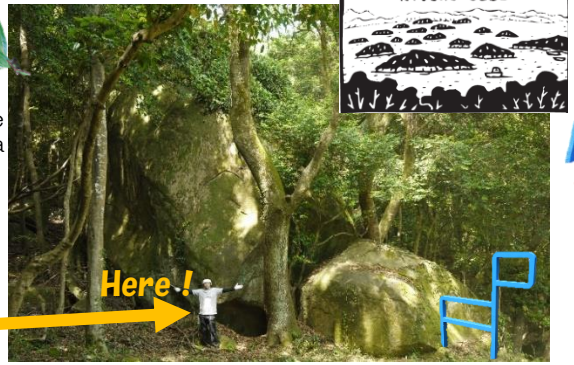
Huge rocks that have been weathered over many years.

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



5min

Kyushu Olle Matsushima course



Access

15 minutes on foot following the blue and red ribbons of the Kyushu Olle course toward megalith from Mt. Sengan

Sea Cruise

2h

Dolphin Watching or Gokyo Cruising



- ◆ Dolphin watching which has a 98% encounter rate <2h>
 - ◆ Gokyo (Five Bridges) Cruising <30min>
- 〔Many islands+Blue Sea+Five Bridges=Spectacular View〕
You can feel relaxed, and you can have a special feeling that you have never experienced anywhere else.



8min



Address

☎ 0969-56-2458

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

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. At beach house, some shower rooms and bathrooms are available to use.



30min



Address

Hiai, Aizu, Matsushima-machi, Kamiamakusa City

Hokabura Natural Coast

1.5h

The stratum from the dinosaur era is 85 million years old

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 take a 20 minute walk through the forest to get to the coast. You may feel like you are on an uninhabited island.



Kyushu Olle Iwajima Course



Access

A 20 minute 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 the lottery ! ?

The Jizo says “only one wish at a time” as it’s known as “One Wish Jizo”. As the story goes, if you say your name in your heart seriously, your wish can come true. In recent years, it has been said that it brings you 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 say your name!

Spa Thalasso AMAKUSA

3h



Genuine Thalasso Therapy facility

On the second floor, there is a swimming pool that uses heated sea water, as well as various activities and personal care options. On the first floor, you can enjoy the ocean view bath and restaurant while watching the sun fall 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

Kamiamakusa City Tourism Sec.

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