

Kamiamakusa Trekking Map

Activities



Marine

AQUARIUM **CRUISING** **SEA KAYAK**

Camping

KOJIMA **SHIRATAKE**
SUWA **RYUGATAKE**

Cycling

CYCLE MAP **BIKE RENTAL**
AMAKUSA cycle Action **MOVIE**

Hiking

MATSUSHIMA COURSE **KYUSHU OLLE**
IWAJIMA COURSE

Onsen



Kamiamakusa Onsen Village

One Day Visit Hot Springs

Emergency Calls



110 POLICE

119 FIRE
AMBULANCE

EMERGENCY RESCUE

171 NTT DISASTER
EMERGENCY MESSAGE DIAL

KAMIAMAKUSA City
 Kumamoto

0964-26-5512

E-mail: kankou@city.kamiamakusa.lg.jp

Trekking



AZALEA
AMAKUSA
MITSUBA-TSUTSUI

NANNOPHYA
PYGMAEA

SCARLET DWARF



MT. RYUGATAKE

Description **470M**

At the top of Mt. Ryugatake, you'll see the panoramic view of the surrounding area, such as Aso, Unzen, and Kirishima. You can also enjoy Myui Astronomical Observatory and Ryugatake Summit Camp Site.

Access

Take Route 266 to go to Ryugatake Town from Kumamoto City. Turn right at the end of Ohdo Port, and you'll get there.

100 Famous Mountains in Kyushu

MT. JIOMARU / TAROMARU

Description **397M/281M**

Mt. Jiromaru and Taromaru are considered brothers. Some highlights to look out for are *Inazuma Gaeshi*, a zinzagging path that looks like a flash of lightning, as well as *Jiro Otoshi*, a collection of huge rocks attached to them.

Access

You go 3.5 kilometers, head to the south from the Matsushima Fire Station on Route 324, and you'll find the information board that signs for the start point.

100 Famous Mountains in Kyushu

MT. SHIRATAKE

Description **373M**

There is 'Shiratake Forest Park Campsite' halfway up the mountain, and you'll find huge stones called 'Yadake Megalith'. You can also see rare plants and flowers around this area.

Access

Take Route 266, and you get to Himedoto town. Turn right on the board of 'Shiratake Forest Park'. It's 15 minutes on foot from 'Shiratake Forest Park Campsite'.

MT. TAKABUTO

Description **117M**

The view from the observation deck is so amazing that it was chosen as one of Japan's 100 best sunsets. The view of the sunset on the islands of Matsushima spreads out in front of you.

Access

Take Route 266 from Kumamoto city toward Amura, Matsushima town. Go up to the right side at a signboard and 5 minutes' drive, you get to the parking lot and 10 minutes walk to see the view.

MT. NENJU

Description **503M**

Mt. Nenju is the highest mountain on the Kankai Alps Course. It is a short distance, but the trail to the summit is a steep path.

Access

The summit is not accessible by car. It can be reached from Mt. Ryugatake or Mt. Shiratake.

How were the mountains of Amakusa created?

- The islands of Amakusa are made up of geological strata formed between 35 million and 100 million years ago.
- They have shifted from the forests of the Asian continents.
- They reached their present location 15 million years ago.
- The igneous rocks that change shape by folding and faulting have penetrated.

The Ariake Sea, the Yatsushiro Sea, and the Amakusa Islands were formed simultaneously into their present forms about 10,000 years ago.
 (A geological cross-section of the eastern part of Kamiamakusa)



The islands of Amakusa, once located in forests on the Asian continent, moved to their current location about 15 million years ago. Along with that, forces from the horizontal direction acted to create a folded terrain. After that, the top of the fold (the mountain top) was unstable and fragile due to the increasing density of the stratum, so the valleys were created by rain and wind. These strata and topographical formations create unique landscapes along the trekking trail known as the "Kankai Alps".

Around the summit of Mt. Jiromaru and Mt. Nenju have steep cliffs to the east and gentle slopes to the west. This is called "Kesta topography," reflecting the inclination of the strata.



Trekking Tips

Choose the good weather for your safe.



- Avoid unsafe situations

To keep safe and comfortable



- Go at your own speed

Appropriate outfits



- Wear trekking shoes that can protect your ankles

Useful things to have



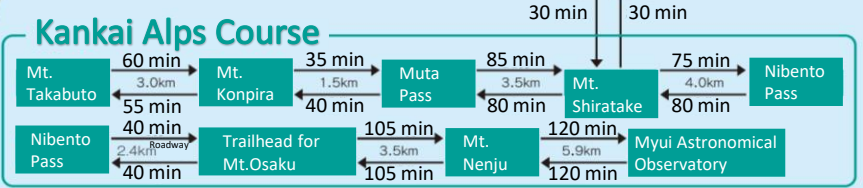
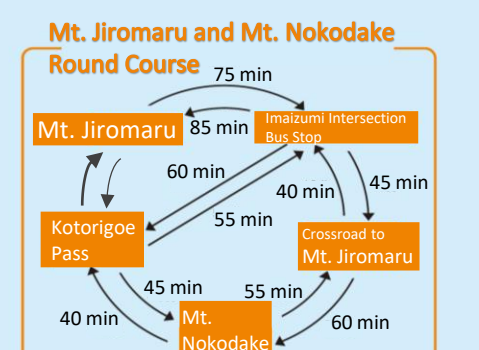
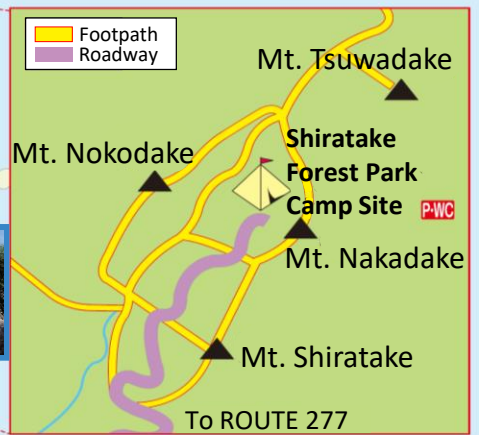
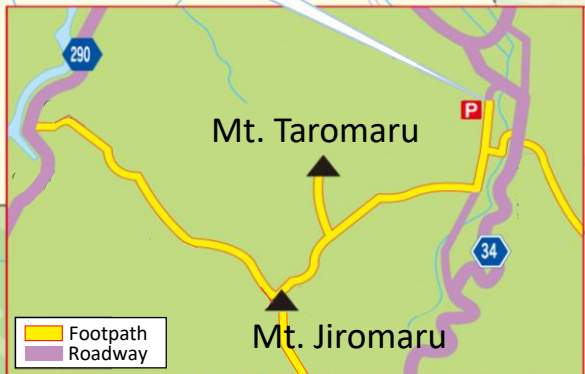
- Oxygen sprays and underwear made of chemical fiber materials

TREKKING MAP

↔ To Amakusa City



- 凡例
- Footpath
 - Prefectural Roads
 - Municipal Roads
 - Bus Stop
 - Parking Lot · Toilet



↔ To Amakusa City

Inquiries about Accommodations and Tourism

Amakusa Shiro Tourism Association
TEL0964-56-5602

Emergency Hospital

Kamiyamakusa General Hospital
TEL0969-62-1122

Taxi

OYANO
FUJIKAWA Taxi TEL0964-56-0107
KYOWA Taxi TEL0964-56-0204
YANAGI Taxi TEL0964-57-0007

MATSUSHIMA

MATSUSHIMA Taxi TEL0969-56-1160

HIMEDO

HIMEDO Taxi TEL0969-58-3456

RYUGATAKE

RYUGATAKE Taxi TEL0969-62-1100

Rental Cars

Misumi Sta. Ukiuki Rent a Car TEL0964-53-0566
mio camino AMAKUSA TEL0969-33-9500

Bus

Sanko Bus Amakusa Branch TEL 0969-22-5238
Sanko Bus Misumi Branch TEL0964-52-3135

ACCESS to Kamiyamakusa

Check out ACCESS

1 : 44,000

