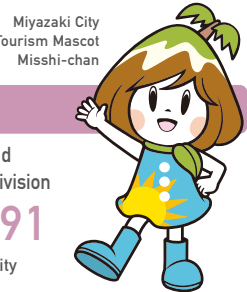
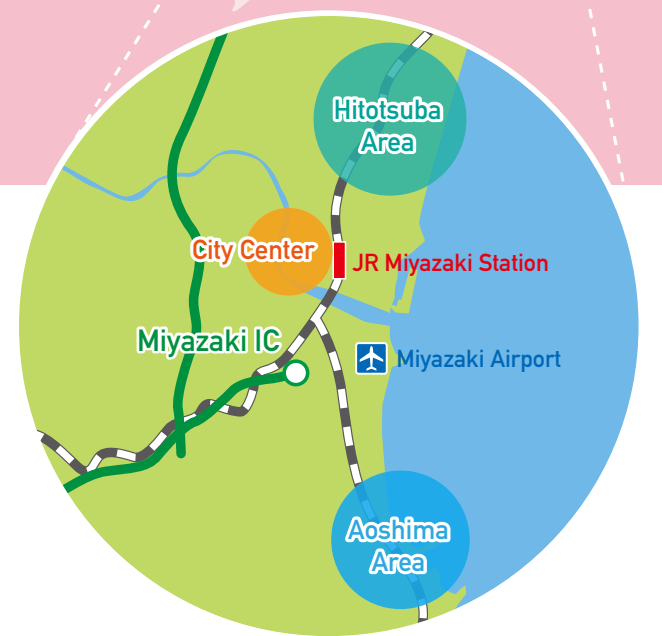
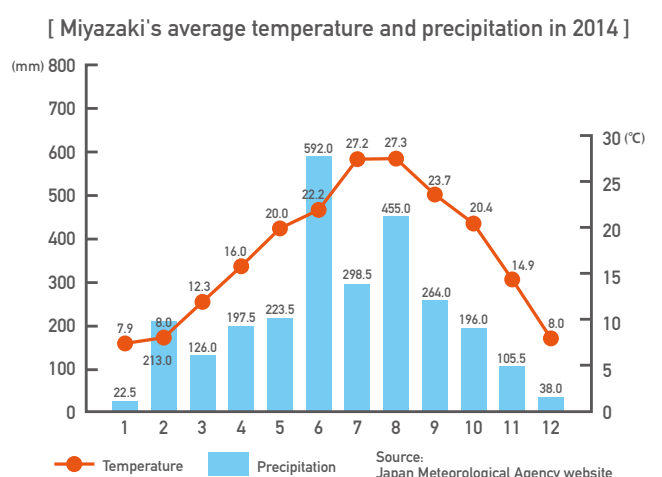
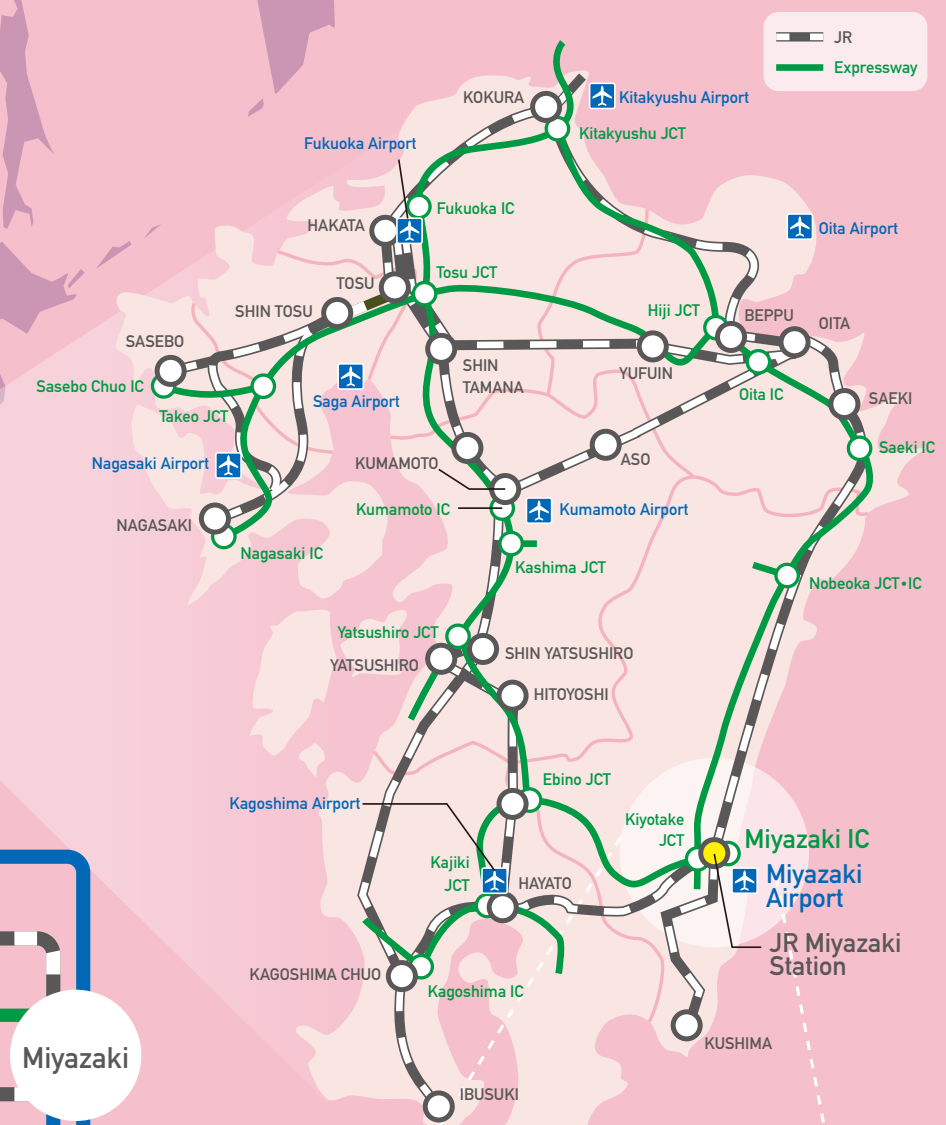
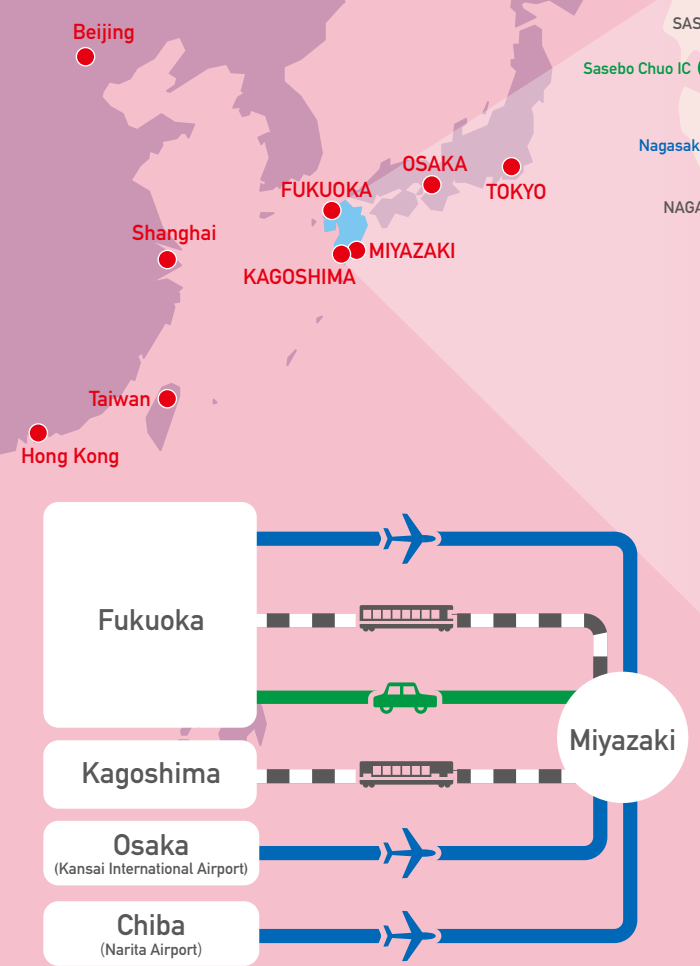


# Transportation to Miyazaki City



## Miyazaki City Contact Information

Miyazaki City Tourist Association  
(Public Interest Incorporated Association)  
**TEL.0985-20-8658**  
Floor 3, Miyazaki Green Sphere Ichibankan, 1-10,  
Nishiki-machi, Miyazaki City

Miyazaki City Tourist Information Center  
(inside JR Miyazaki Station)  
**TEL.0985-22-6469**  
9:00 - 18:00 (Closed on January 1st & 2nd)  
1-8 Nishiki-machi, Miyazaki City

Miyazaki City Tourism, Commerce and  
Industry Department Tourism Strategy Division  
**TEL.0985-21-1791**  
1-1-1 Tachibanadori-Nishi, Miyazaki City  
(Miyazaki City Hall Building 2)



Rediscover  
**宮崎**  
MIYAZAKI GUIDEBOOK

# A Journey of New Discoveries! Miyazaki Prefecture on Kyushu Island

Miyazaki is a tropical land in southern Kyushu. It is blessed with a warm climate and beautiful nature of the sea and mountains. The locals' comfort foods are popular throughout Japan.



Watch Buy Eat Experience Bathe

MODEL COURSE  
**A**

The blue sky and sea are reminiscent of tropical islands

**Aoshima** Area

START

1

**Aoshima Shrine**

10:00

Pray at this shine for love!

Dedicated to Miyazaki's most prestigious god of matchmaking, this shrine is believed to bestow blessings on prayers for good matches, happy marriage, and safe childbirth. Many visitors tie votive paper twine, which come in different colors according to the types of wishes, to the sacred trees on the premises.



CHECK!



CHECK!



CHECK!

Some people thread the twine through 5-yen coins to pray for good matches, as a play-on-words between "good match" and "5 yen," which are pronounced identically in Japanese.

Fish for your fortune slip of love with the provided fish pole!

Post your letters in the Yellow Postbox of Happiness to have your wishes granted!

2

Take a leisurely stroll in Aoshima and browse through the many stores!

**Ogre's Washboard**

11:00

15 min

Take a picture at this fantastic location!

This wave-shaped rock formation is a nationally designated natural monument that is referred to as the Ogre's Washboard. You can walk through this picturesque, naturally-occurring landscape and take amazing photos.

Aoshima, Miyazaki City  
TEL 0985-21-1791 (Miyazaki City Tourism Strategy Division)  
A short walk from Aoshima Shrine  
P 10 vehicles (Large buses) / ¥1,000 at the paid parking lot

Perfect for sightseeing in Aoshima!

Hop on this vibrantly-colored sightseeing vehicle to explore this tropical area of Aoshima! The driver will also act as your guide. The vehicles depart from around the Aoshima Yayoi Bridge area. Your tip is the fare!

Aoshima Shrine approach area TEL 0985-69-0030  
9:00-17:00 Contact in advance when raining  
Operates all year around (except for January 1st)  
Fare: Your tip  
P 10 vehicles (Large buses) / ¥1,000 at the paid parking lot

When praying at a Japanese shrine, bow twice, clap twice, and bow once again while facing the main shrine.



**The "Densetsu no Yu" Observatory Onsen at ANA Holiday Inn Resort Miyazaki**

Ease your fatigue in the relaxing onsen and its magnificent scenery

Aoshima is also renowned as an onsen heaven. Here, you can spend a luxurious and liberating time while soaking in the large bath that faces the Sea of Hyuga. The spring water has one of the highest concentration of hydrogen carbonate ions in Japan, which is known to make the skin supple and smooth. Japanese-style outdoor baths, waterfall baths, and saunas are also available.

1-16-1 Aoshima, Miyazaki City TEL 0985-65-1555 <http://www.anahirmiyazaki.com>  
10:00-21:00 Price: Adults ¥1,050 Approx. 3-min. drive from Aoshimaya  
P 5 vehicles (Large buses)

4

**Iso Ryori Amimoto**

Fresh, hearty, and dynamic!

This restaurant's most popular dish is sashimi prepared straight from the in-store live fish tank. They have a wide selection of seasonal seafood on their menu, such as sashimi, shrimp tempura set, and *kaisendon* (sashimi on top of a bowl of rice). Japanese lobster served from September through spring is also another specialty dish.

Aoshima Set (one serving) ¥2,160  
Shrimp Tempura Set (one serving) ¥3,240  
Kaisendon (one serving) ¥2,160

1-5-5 Aoshima, Miyazaki City TEL 0985-65-0125  
11:00-22:00 Closed: Irregular days  
Approx. 15-min. walk from the Ogre's Washboard  
P 2 vehicles (Large buses)

**Horikiri Pass & Roadside Station Phoenix**

16:00

Take in the stunning view while eating soft-served ice cream!

Horikiri Pass is the best spot to take in the picturesque scenery of the Nichinan Sea coast, making it a popular driving course among tourists. From here, you can overlook the panoramic view of the sea, the wave-shaped rock formation known as the Ogre's Washboard, and the tropical row of pineapple palms. The soft-served ice cream (¥350 each) at Roadside Station Phoenix is a must-try!

381-1 Miike, Uchiumi, Miyazaki City TEL 0985-65-2773  
<http://michinoekiphoenix.jp>  
Local produce store 8:30-18:00, Restaurant 10:00-16:00 (Last call 15:00) Open all year around  
Approx. 9 min. from the "Densetsu no Yu" Observatory Onsen at ANA Holiday Inn Resort Miyazaki  
P 5 vehicles (Large buses)

9 min

14:00

3 min

**Aoshimaya**

TAX-FREE SHOP

Hot-selling product: Locally caught seafood!

This souvenir shop has a wide variety of Miyazaki souvenirs and local cuisine. Seafood caught in the sea around Aoshima is especially popular among tourists. The store also sells handkerchiefs and towels printed with Japanese designs, as well as various Japan made products.

2-12-11 Aoshima, Miyazaki City TEL 0985-65-1121  
[http://www.s-and-r.jp/shop\\_r1.html](http://www.s-and-r.jp/shop_r1.html)  
9:00-17:00 Open all year around  
Approx. 7-min. walk from the Ogre's Washboard  
P 10 vehicles (Large buses) / ¥1,000 at the paid parking lot

12:00

3

**Cheese Manju Yagoro**

A perfect blend of a light cheese paste around a crispy crust

This baked bun might resemble a Western confectionery, but it was invented here in Miyazaki. It is composed of a soy milk cheese paste wrapped in a cookie-style crust. Freshly-baked Cheese Manju gives a wonderful aroma, and the crunchy texture and refreshing aftertaste makes you yearn for more!

2-12-17 Aoshima, Miyazaki City TEL 0985-65-0238  
9:00-17:00 Open all year around  
Approx. 8-min. walk from the Ogre's Washboard  
P 10 vehicles (Large buses) / ¥1,000 at the paid parking lot

**Fujiyama Pudding**

A seaside café renowned for curry and pudding

Enjoy the beautiful sea view of Aoshima while dining at this café owned by a couple who moved here from Kyoto. They serve various desserts such as homemade matcha pudding, as well as several kinds of curry. The smooth pudding with long-standing matcha flavor can also be ordered to go!

2-11-1 Aoshima, Miyazaki City TEL 070-5502-5670  
11:00-18:00 Closed: Mondays and some irregular days  
Approx. 15-min. walk from the Ogre's Washboard  
P 10 vehicles (Large buses) / ¥1,000 at the paid parking lot

**Aopago: Aoshima Park Golf Course**

A sport that anyone can enjoy!

Park golf is a sport in which you use a club and a ball to compete the number of cup-ins. A variety of courses is available, from a flat and easy course to a diverse and undulating course.

7470-3 Kaeda, Miyazaki City TEL 0985-65-1113  
<http://www.aopago.jp/>  
April & October to March: 9:00-17:00, May to June & September: 8:00-18:00, July to August: 7:00-19:00 (Final admission 16:00), Open all year round  
Price for Adults: Weekday ¥510, Sat/Sun/holidays ¥620  
Approx. 4-min. drive from Aoshimaya  
P 5 vehicles (Large buses)

**Aoshima Surfing Center**

Try out marine sports in Miyazaki, the mecca of surfing!

Try out various marine sports at Aoshima Beach, which is known for its good surfing waves. Even beginners can engage in marine sports at ease through lessons with instructors.

1-16-1 Aoshima, Miyazaki City (inside ANA Holiday Inn Resort) TEL 0985-65-2947 (Reservation required)  
[http://www.anahirmiyazaki.com/activity/marine\\_sports.html](http://www.anahirmiyazaki.com/activity/marine_sports.html)  
Offered everyday between March 16th to December 31st  
Price: See the website  
Approx. 3-min. drive from Aoshimaya  
P 5 vehicles (Large buses)

Also recommended!

One Cheese Manju ¥130

For take away, order from this small window!

Seasonal vegetable curry ¥800  
Kyoto-made matcha pudding ¥300

**MODEL COURSE B**

Spend an extraordinary time at this popular resort hotel

**Hitotsuba Area**



**START**  
**Full of fun activities and relaxing onsen!**  
**Phoenix Seagaia Resort**

**10:00**  
This grand resort area along the Hitotsuba Sea coast has an established golf course and a horse riding club on its premises. You can engage in various activities to fully enjoy your stay.

Hamayama, Yamasaki-cho, Miyazaki City TEL 0985-21-1111 (Front desk)  
<http://www.seagaia.co.jp>  
Approx. 25 min. from Miyazaki I.C. **P** 60 vehicles (Large buses)



The golf carts at Tom Watson Golf Course come with GPS navigation, available in Japanese, English, Korean, and Chinese!



**Tom Watson Golf Course**

**Enjoy nighttime golf in a magical atmosphere!**

Tom Watson Golf Course is recommended for beginners or those who want a more casual golf experience. At night, the golf course is lit up.



**Phoenix Country Club**

**Official course for professional golfers!**

This is one of Japan's most prestigious golf courses where the Dunlop Phoenix Tournament is held annually. As the grass is green throughout the year, you can play golf in a beautiful environment.

TEL 0985-21-1301 (for reservations)  
8:00-18:00  
Price: Please contact the reservation-only number above



**Seagaia Horse Riding Club UMAIRU**

**Gallop through the vast nature!**

You can enjoy horseback riding in the black pine forest on the premises. Three courses are available: a casual Handler-guided Course, a Mini Riding Course, and a Sea View Course to take in the scenery of the pine forest and Hitotsuba Sea coast.

TEL 0985-21-1324 (Reservation required)  
10:00-17:00 Closed when raining Open: Sat/Sun/holidays  
Price: Handler-guided Course ¥1,200 per person  
Mini Riding Course ¥3,000 per person  
Sea View Course ¥13,000 per person for groups of 2 & above, ¥15,000 for a single rider

**Onsen Spa Shosenkyu**

**An onsen of beautifying waters, where you can be at one with nature**

You can enjoy gazing at the pine trees and flowers at this traditional Japanese-style onsen that exudes a quaint ambience. The spring water is rich in minerals from ancient sea fossils, which is effective for beautiful skin.

TEL 0985-21-1133  
Big bath 6:00-23:00,  
Mid-sized bath 6:00-10:00 / 15:00-23:00  
Final admission is 30min. before closing time  
Price: Big bath ¥2,000 (Children ¥1,000),  
Mid-sized bath ¥2,500 (Limited to guests at Sheraton Grande Ocean Resort)



**What is Miyazaki Beef?**

Japanese Black wagyu beef with a quality grade of 4 and above, produced and fattened in Miyazaki Prefecture. This meat is particularly delicious simply cooked on *teppan-yaki* (hot plate), grilled over charcoal, stewed in a *sukiyaki* hotpot, or immersed in hot water as *shabu-shabu*. See p.5 for more information.

Enjoy desserts after your meal! The Miyachiku way to eat the meat juice-soaked bread is to toast it with sugar!

**6**

**Miyachiku: Miyazaki Beef Teppan-yaki Steak**

**18:00**

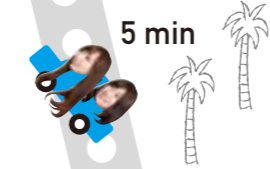
**Miyazaki beef is soft and full of umami! The meat practically melts in your mouth!**

This store is directly managed by Miyachiku, a meat processor and wholesaler. Especially in demand is the course that offers rare-cooked, premier grade Miyazaki beef. Enjoy watching the chef grill your meat in front your eyes.

1401-255 Maehama, Shin Beppu-cho, Miyazaki City TEL 0985-28-2914  
<http://rest.miyachiku.jp>  
Lunch 11:00-15:00 (Last call 14:00),  
Dinner 17:00-22:00 (Last call 21:00) Open all year around  
Approx. 5 min. from Aeon Mall Miyazaki **P** None (Large buses)



Miyazaki Beef Chuck Eye Roll Steak Course (160g)  
Lunch ¥6,000, Dinner ¥6,600



**5**



**Aeon Mall Miyazaki**

**Full-sized shopping mall that offers a selection of popular brands**

Over 170 popular shops can be found here, including Uniqlo, Muji, and Francfranc, which are particularly favored by overseas tourists. Also available are the general merchandise store Aeon and restaurants, so you can get everything you need.

862-1 Eguchi, Shin Beppu-cho, Miyazaki City TEL 0985-60-8000  
<http://miyazaki-aeonmall.com>  
Aeon Mall Shopping Street 9:00-21:00 (Differs in certain stores),  
Aeon Miyazaki 9:00-23:00 (Floor 1 Food Section opens at 8:00, Floor 2 closes at 22:00)  
See the website for other stores. Open all year around  
Approx. 7 min. from Florante Miyazaki  
**P** 30 vehicles (Large buses, prior contact is necessary)



**3**

**Florante Miyazaki**

**Come and see the beautiful seasonal displays of flower and light!**

This is a relaxing place filled with seasonal flowers and greenery. The park will entertain you throughout the year—flower festivals in spring and autumn, a Chinese lantern event in summer, and parkwide illumination in winter!

414-16 Hamayama, Yamasaki-cho, Miyazaki City TEL 0985-23-1510 <http://www.florante.or.jp>  
9:00-17:00 Closed: Tuesdays (if a holiday, then the following day), December 31st, January 1st  
Admission: Adults ¥310 (¥240 for groups of 20 & above)  
Approx. 5 min. from Phoenix Seagaia Resort **P** 5 vehicles (Large buses)



**4**





↑ Ramen ¥637 / Gyoza ¥313  
Miyazaki Grilled Chicken Ramen  
¥1,069 →



THIS is the Ozaki beef burger!!

← Ozaki Farm Hamburger ¥1,580  
↓ Kyushu Pancake ¥900  
(toppings vary according to season)

### Chicken Nanban: Ogura Main Store

Miyazaki's staple dish topped with special tartar sauce!

This renowned restaurant invented the tartar topping for Chicken Nanban, which is regional dish that represents Miyazaki Prefecture. The mayo sauce compliments the deep-fried boneless chicken breast!

3-4-24 Tachibanadori-Higashi, Miyazaki City TEL 0985-22-2296  
11:00-15:00 (Last call 14:30), 17:00-20:30 (Last call 20:00) Closed: Tues  
None (Large buses)



### Miyazaki Yamakataya TAX-FREE SHOP

This is a long-established department store that is entirely tax-free for overseas visitors. Sought-after items include cosmetics, designer handkerchiefs, Japanese-made kitchen knives and iron kettles on the 1st floor.

3-4-12 Tachibanadori-Higashi, Miyazaki City TEL 0985-31-3111  
<http://www.yamakataya.co.jp>  
10:00-20:00 Open all year around  
None (Large buses)

## MODEL COURSE C City Center

Great food and shopping!



Approx. 10 min. from Miyazaki I.C.

Enjoy a walk-and-eat tour of the local specialties!

### Men'ya Katsumi

Choose your own topping for tonkotsu ramen!

The varied menu includes a mild and simple tonkotsu ramen as well as other with toppings unique to Miyazaki, such as charcoal-grilled chicken. The chewy gyoza dumplings made only with vegetables are a must-order side dish!

3-3-33 Tachibanadori-Nishi, Miyazaki City TEL 0985-28-7878  
11:30-15:00, 18:00 to 1:00 after midnight (Until 2:00 after midnight on Fri & Sat)  
Open all year around  
None (Large buses)

### Apas: Miyazaki Beef Japanese Barbecue Restaurant

Savor Miyazaki's premium brand of beef in a casual atmosphere!

This is store is directly managed by Miyachiku, a meat processor and wholesaler. Miyazaki beef with a quality grade of 4 and above can be enjoyed at reasonable prices here. Choose your preferred cooking method, *yakiniku* (char-grill) or *teppan-yaki* (hot plate). An all-you-can-eat menu is also available.

Floor B1, 3-10-36 Tachibanadori-Nishi, Miyazaki City TEL 0985-31-8929  
<http://rest.miyachiku.jp>  
Lunch 11:30-14:30 (Last call 14:00), Dinner 17:00-22:00 (Last call 21:30)  
Open all year around  
None (Large buses)



### CORNER

Specialty menu born in Miyazaki made from select ingredients

Some must-tries when you visit Miyazaki include the world-renowned Ozaki beef hamburger and Miyazaki pancakes made with Kyushu-cultivated flour. Both dishes are becoming popular worldwide for the select ingredients.

3-1 Chuodori, Miyazaki City TEL 0985-74-7775  
<http://www.corner-cafe.asia>  
Lunch 11:00-15:00 (Last call 14:30),  
Bar Mon - Thurs/Sun/holidays 18:00-24:00 (Last call 23:30),  
Fri & Sat 18:00 to 2:00 after midnight (Last call 1:30 after midnight)  
Closed: Lunch hours on Tues (the bar opens as usual),  
December 31st, January 1st  
None (Large buses)



Ogura's Chicken Nanban (with rice) ¥1,010

Pour plenty of sauce on top!



## Perfect specialty gourmet food to wind your trip to a close!

### Ganso Nikumaki Honpo

A delicious and affordable dish that originated in Miyazaki, with an abundant variation of flavors!

Pork marinated in a soy sauce-based sauce is wrapped around rice. This is the original *nikumaki onigiri*, balls of rice covered with meat, that originated from Miyazaki. The appetizing sauce pairs perfectly with the rice ball. In addition to the basic flavor, cheese and *negi-mayo* (chopped leek with mayonnaise) are also available.

3-8-9 Tachibanadori-Nishi, Miyazaki City TEL 0985-20-2900  
19:00 to 3:00 after midnight Closed: Some irregular days  
None (Large buses)



### Kamaage Udon Odamakii

Beloved by Miyazaki City residents! Savor a bowl to finish your night out.

Soft, *kamaage* udon is eaten dipped in piping hot *dashi* (Japanese soup broth). It may appear to be a quite simple dish, but the gentle flavor will seep into every fiber of your being! This is a particular favorite among Miyazaki residents to end a night of drinking.

Floor 1, Core Building, 2-23 Chuodori, Miyazaki City TEL 0985-27-9984  
19:00 to 2:00 after midnight Closed: Sun & holidays  
None (Large buses)  
Kamaage Udon ¥620

### Miyazaki Products Shop KONNE TAX-FREE SHOP

Come here to find the best selection of products from Miyazaki!

Miyazaki Products Shop is the recommended place to find souvenirs! About 2,500 items can be found here, such as snacks, agricultural & fish products, wooden products, alcohol, and handicrafts.

Floor 1, Building 8 Miyazaki Prefectural Office, 1-6 Miyata-cho, Miyazaki City TEL 0985-22-7389  
<http://www.m-tokusan.or.jp>  
9:00-19:00, Sat/Sun/holidays 9:30-18:30  
Closed: January 1st  
None (use the Prefectural Office parking lot)



### TAX-FREE SHOP



A drugstore is also located along Tachibanadori Avenue, so make your bulk purchases of must-get items here!



### Bon Belta Tachibana TAX-FREE SHOP

This department store mainly caters to people in their 20s and 30s. The tax-free local souvenir shop in the 1st floor basement offers a selection of Miyazaki's confections and specialty foods.

3-10-32 Tachibanadori-Nishi, Miyazaki City TEL 0985-24-4111  
<http://www.bonbelta.com>  
10:00-20:00 Open all year around  
None (Large buses)

Yumesabo's Matcha Jounamagashi Set



Reusable shopping bag that makes a popular souvenir



Charcoal-grilled Miyazaki Jitokko chicken (small serving) ¥1,290

### Igokochiya YAMAJI

Soft and juicy! A wide selection of dishes made from local breed Miyazaki Jitokko chicken!

Sumibiyaki is a regional specialty in which chicken is dynamically grilled over charcoal. The meat of the local Miyazaki Jitokko breed is tender, and the more you chew, the more the umami of its juices will fill your mouth. Many other regional dishes are also available, including Chicken Nanban and Hijajiru.

Floor 1, Miwa Building, 3-8-5 Tachibanadori-Nishi, Miyazaki City TEL 0985-23-3213  
<http://www.yamaji.jp/original.html>  
18:00-24:00 (Last call 23:00) Closed: Sun (open on Mon that are holidays)  
None (Large buses)



### TAX-FREE SHOP

### Matsumoto Kiyoshi Ichibangai Store

Find all the medicinal products and cosmetics that you are looking for here!

Drugstores are one of the staple shopping spots for overseas tourists in Japan. Japanese quality medical products that some call "divine medicine," cosmetics from leading manufacturers, and beauty and health products that make perfect gifts for yourself as well as friends and family!

Floor 1, 2-25 Chuodori, Miyazaki City TEL 0985-31-7643  
10:00 to 2:00 after midnight Open all year around  
None (Large buses)



Most Popular Items!

When you go shopping in the city center, be sure to go shop-hopping in these two facilities!



Golf wear is also popular!