

# Kyushu NatureTrail

This nature trail encompasses the entire island of Kyushu with a total length of about 2,900 km. It connects the nature, history, and culture of the region.

The Kyushu Nature Trail is a long and magnificent trail that connects the 7 prefectures of Kyushu: Fukuoka, Saga, Nagasaki, Kumamoto, Kagoshima, Miyazaki, and Oita. The appeal of the course lies in the variety of trails that can be found along it, with both light strolls and real mountain-climbing. The course highlights the culture, history, nature, and people of Kyushu. Traveling the Nature Trail will give you thrills and experiences that cannot be found anywhere else.

## Kyushu Nature Trail - Miyazaki Course

The 372-kilometer Miyazaki Course stretches from Kunimi Pass in Takachiho Town to Mt. Takachiho in Takahara Town. The full course can be covered over a long-distance journey, or you can just enjoy part of it as a day trip. The Kyushu Nature Trail has something for everyone to enjoy. Walk around, see the sights, hear the sounds, and feel the nature of Miyazaki!

## Miyazaki Long Trail

Miyazaki Course  
[Total length: 372 km]

### 3 recommended courses:

- 1 Mt. Sobo Course (Takachiho Town)
- 2 Mt. Mukabaki Course (Nobeoka City)
- 3 Osuzu Course (Tsuno Town)



A lone boulder with the nickname "Nimen-iwa" on the Fuketsu Course makes for a great viewpoint looking over the mountains covered in the colors of autumn.

Let's head for Miyazaki's highest point!

## Kyushu Nature Trail - Miyazaki Course

# Mt. Sobo in Takachiho Town

## Trekking through beautiful scenery

The Sobo-katamuki National Park straddles Miyazaki and Oita prefectures. The 5-kilometer Mt. Sobo Course (requiring about 2.5 hours) traverses the park's main peak, Mt. Sobo, and looks over the surrounding scenery including Mt. Aso and the Kuju Mountains.



↑ Check the web site of Miyazaki's mountain climbing newsletter "Yo-ho" for photos and articles not included in this pamphlet!



A pine grove greets you at the start of the course. Warm sunlight filters through the canopy of trees.

The elevation of Mt. Sobo, designated as one of Japan's top 100 mountains, is 1,756 m, making it the tallest peak in Miyazaki. The Kyushu Nature Trail Sobo Course starts at the Kitadani trailhead in Takachiho Town and follows the Sengen Ridge Course, which skirts the prefectural borders between Miyazaki, Kumamoto, and Oita towards the peak of Mt. Sobo. Knowing that you will be able to look over grand, mountainous scenery from atop Mt. Sobo brings excitement to the beginning of your journey.

The start of the course is a broad trail, and feels perfect for a leisurely hike in the woods. However, the steepness of the snaking path that will appear before you through the pines may take you by surprise. The climb continues until you pass the 3rd station, where the mountain ridge appears.

Following along the ridge you will notice a pink ribbon marker at a trail that bends to the left. However, you will continue on forwards where a breathtaking view of the scenery opens up. Taking in the panorama of Mt. Aso and the Kuju Mountains will make you want to shout out across the wide open space, "Hellooo!"



The light shining through the trees is dazzlingly bright.



The Kuju Mountains spread out before you.



Rest and take in the view at the summit. A small shrine is dedicated to Princess Toyotama, from who the name of the mountain was derived (sobo means "grandmother").



Red, yellow, orange...the fall colors here are deep and vibrant.



Take care as you use the ropes to lower yourself down the rocks.

### The Fuketsu Course is another hiking route to enjoy.

You can always go back down the mountain the way you came, but the Fuketsu Course offers the opportunity of a different path back to the trailhead. Compared to the 5-kilometer Sengen Ridge course that took you to the summit, the Fuketsu Course is only 3 kilometers, but the trail is rather steep going downwards. A variety of terrain awaits you, from large rocks to climb over, mountain streams to cross, and ladders to descend throughout the course. You can enter a 20-meter deep cave for a little adventure before arriving back at the Kitadani trailhead. Next time, you can try ascending the mountain using the Fuketsu Course.

An interesting point about Mt. Sobo (Sobo means "grandmother") is that it was named for Princess Toyotama, who is enshrined at a small shrine at the mountain's summit and is known as the grandmother of Japan's first emperor, Jinmu. The name is fitting, as Miyazaki is known as the birthplace of Japan in the country's ancient mythology.

### Nearby points of interest

#### 1 Takachiho Onsenkan (Hot Springs House)



Large baths and a dry sauna provide rest and relaxation. You can also find Takachiho's specialty products at the shop in the bath house.

▲ 3214-1 Mitai, Oaza, Takachiho Town  
● Thursdays (Or Fridays when Thursday is a holiday)  
● 10:00-22:00 ☎0982-72-7777

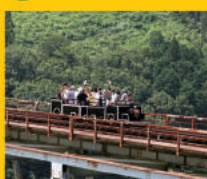
#### 2 Tunnel Station



This roadside shop is filled with the specialty products of Takachiho. A tunnel warehouse on the grounds is used for aging *shochu* distilled spirits. Entrance for viewing is free of charge.

▲ 2221-1 Shimono-Akaishi, Oaza, Takachiho Town ● None  
● 9:00-18:00 (until 17:30 Dec.-Feb.)  
☎0982-73-4050

#### 3 Takachiho Amaterasu Railway



Damaged by a typhoon and abandoned in 2005, the former Takachiho railway line is now used for running special "supercarts". You can enjoy magnificent views.

▲ 1425-1 Mitai, Oaza, Takachiho Town  
● Thursdays (Closed during bad weather)  
● 10:00-16:00 ☎0982-72-3216

#### 4 Shikimibaru Campground



Located at an elevation of 1,200 m, you can look over some of the tallest mountain ranges in Kyushu. You can gaze at the starry night sky, and witness the "sea of clouds" surrounding mountain peaks.

▲ 3751-722 Kamino, Takachiho Town  
● Golden Week, Summer Holidays, and the Autumn season ☎0982-82-2151  
\*Calls during the off-season will be forwarded to the town hall.

#### 5 Takachiho Gorge



This nationally-recognized natural landmark was created by the volcanic activity of Mt. Aso long ago. You can enjoy the sights of this place of ancient myths, including Manai Falls, one of Japan's top 100 waterfalls, and the beautiful gorge lined with pillared rocks.

▲ Mitai-Oshioi, Oaza, Takachiho Town  
☎0982-73-1212

#### 6 Kunimigaoka



According to legend, the grandson of Emperor Jinmu stood on this hill to look over the country. From autumn through winter, you can see the beautiful "sea of clouds" effect.

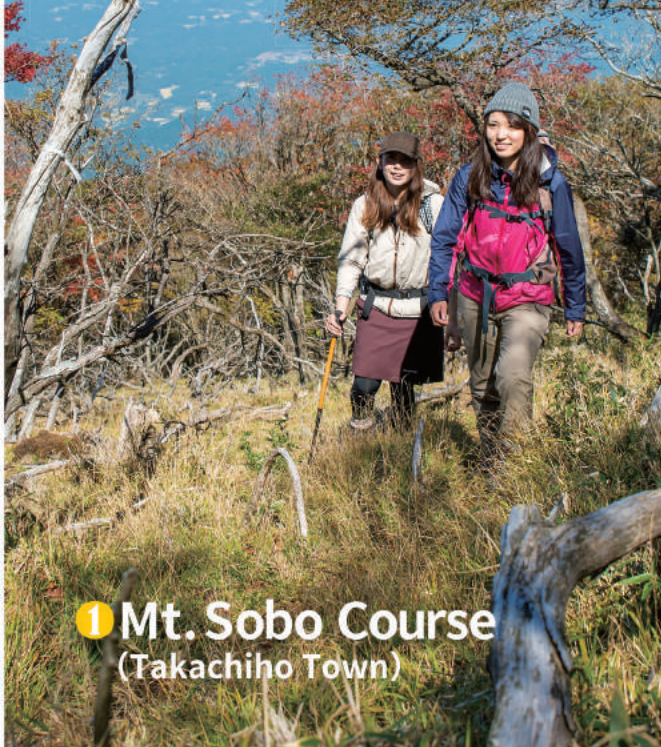
▲ 6450-3 Oshikata, Oaza, Takachiho Town  
☎0982-73-1212





# Kyushu NatureTrail

[Miyazaki Course]



## 1 Mt. Sobo Course (Takachiho Town)

### INFORMATION

#### Transportation Access

It is about 50 minutes from downtown Takachiho to the Mt. Sobo trailhead

#### Emergency Contact Information

Takachiho Police Station ☎0982-72-0110  
 In emergencies: dial 110 or 119

#### Buses

Takachiho Bus Center ☎0982-72-4133

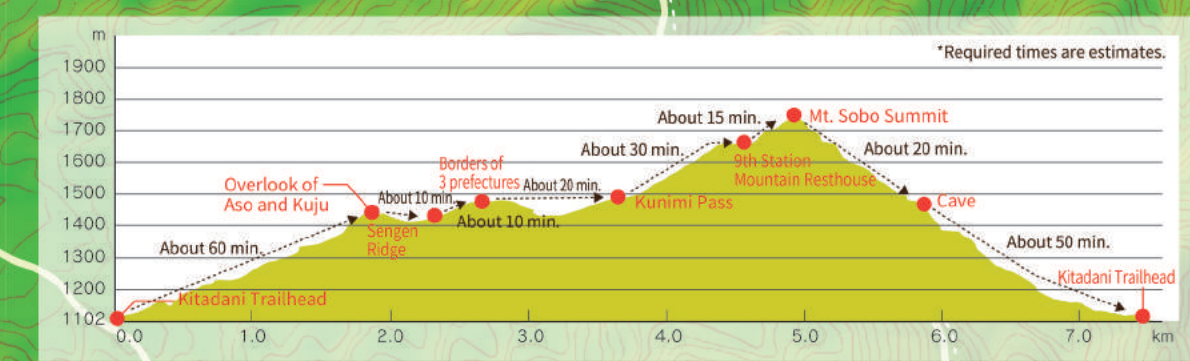
#### Contact Information

•Miyazaki Natural Environment Division ☎0985-44-2624  
 •Takachiho Town Hall Planning and Tourism Division ☎0982-73-1212  
 •Takachiho Tourism Association ☎0982-73-1213

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1:10,000 On map, 1 cm represents 100 m.



This magnificent view requires a detour of just a few minutes off the main trail.

The trail from here to Kunimi Pass is a gentle slope along the mountain ridge.



A memorial for Sobariyama Shrine, which used to be on the summit of Mt. Sobo.



An unpaved logging road continues from here until the trailhead (some parts are paved). Cars with low clearance should proceed with caution.

- Mt. Sobo Course
- Fuketsu Course
- Other hiking trails
- Prefectural Border
- Roads

\*This map and elevation diagram made using "Kashmir 3D" mapping software.

# Kyushu NatureTrail

## 1 Mt. Sobo Course (Takachiho Town)

• 5 km to Mt. Sobo Summit, required time: about 2.5 hours.

Usage fee (per person per night)  
 [6/1-9/30]  
 Adults: 2,000 yen, Children: 1,000 yen  
 [10/1-4/30]  
 Adults: 2,300 yen, Children: 1,300 yen



Toilets available  
 Usage fee: 100 yen



The scenery here rivals that found at the summit.



There is a cave here that is about 20 meters deep. Crampons and rope are required to enter in the winter, as it freezes over inside.



The views opens up outside of the forest, and you can feel the summit is getting closer.

The trail here is steep.

Turn left at the sign at the 9th station to go to the resthouse. Go straight here to bypass the resthouse.

The summit has a panoramic, grand view.

The Fuketsu course is a very steep trail overall, so caution is required. Crampons are required during winter, as ice accumulates.

Toilets and a water station are available at the trailhead. About 15 parking spaces are available.

#### Always keep safety in mind!

- Safety during hiking activities is the responsibility each individual. Always confirm the trails you will take and their distances and required time estimates in advance, and plan a feasible schedule accordingly.
- Submit a plan of your hike to family members or the police.
- Be aware of weather forecasts, and take action such as changing your schedule or canceling your hike in respect to weather conditions.
- Prepare clothing and footwear suitable for hiking, and always bring a map, food, water, and raingear.
- When stopping to rest, choose a safe location by making sure there are no falling hazards overhead such as branches or rocks.

#### Checklist of required gear

- Trekking shoes/boots
- Backpack
- Clothing, hat, and gloves for maintaining proper body temperature
- Map and compass
- Food and water
- Raingear, lights, towels
- Portable phone (the GPS functionality may be helpful)



You can download the electronic edition by scanning this QR code.

To Mt. Soboji