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—英語版ガイドブック—

Aya Town, Miyazaki

Harmonious Coexistence  
between Humans and Nature

English Guidebook



# Lucidophyllous Forest



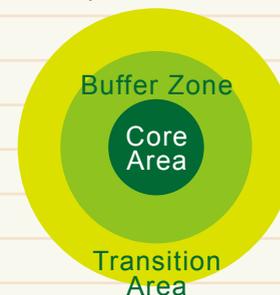
## Aya Biosphere Reserve

Aya Town harbors one of the largest remaining warm-temperate evergreen broad-leaved forests in Japan, what is called a Lucidophyllous Forest. The town has focused on regional development based on harmonious coexistence between humans and nature, while conserving and restoring its forest in cooperation with the private sector. Moreover, it has been a pioneer in promoting organic farming in Japan and has also been instrumental in encouraging local workshops for a variety of handicrafts. As a result, Aya has been formally recognized as a Biosphere Reserve under UNESCO's "Man and Biosphere Programme" which was launched in 1971.

### What is a Biosphere Reserve?

Biosphere Reserves are model sites aimed at not only strictly protecting nature and conserving biodiversity, but also ensuring sustainable development of human life around the forest.

### The Three Zones of Biosphere Reserve



#### ● Core Area

This is the highly valuable area which is strictly protected based on the applicable laws of each country.

#### ● Buffer Zone

This is the surrounding area intended to protect the core area and can be used in so far as humans don't adversely affect the environment.

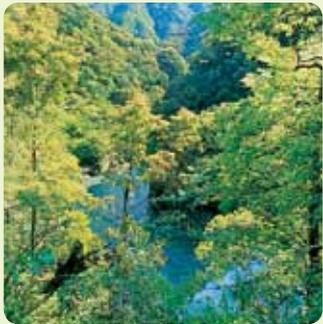
#### ● Transition Area

People lead sustainable lives in harmony with nature. This area can be used for various social and corporate activities.

# Aya Teruha Suspension Bridge

This bridge was originally built over the lucidophyllous forest in 1984 to connect humans with nature. In 2011, it was reconstructed to enhance safety. The bridge is 250m long and 1.2m wide. Its highest point is 142m from the surface of the Ayaminami River. You can enjoy a thrilling “walk in the sky” with a panoramic view of the green forest and blue sky.

- Open: 8:30 a.m. - 5:00 p.m.  
(until 6:00 p.m. from April to September)  
365 days a year
- Admission: 300 yen  
(elementary school students and older,  
including entrance to the Aya Forest Museum)
- Tel: (0985)77-2055



## Aya Lucidophyllous Forest (warm-temperate evergreen broad-leaved forest)

Lucidophyllous trees are hardwoods that do not shed their leaves even in winter, having dark green glossy leaves, such as oak (*Quercus*) and beech (*Castanopsis*) trees. They can be found throughout Southwest Japan, Taiwan, Southern China and the Southern foothills of the Himalayas. Aya harbors one of the largest remaining natural lucidophyllous forests in Japan. The forest has been deeply connected with the development of human culture and retains its native flora and fauna, leading to the roots of human life.

## Aya River Springs

Aya is renowned for its beautiful streams which flow from the lucidophyllous forest. The Aya River Springs were recognized as one of the 100 best water sources in Japan by the Environment Agency (the current Ministry of the Environment) in 1985.



## Firefly Viewing in Otani Stream

From late May to early June, you can see a lot of fireflies (especially *Luciola cruciata*, found only in clean streams) glowing in the night. Thousands of fireflies can be seen in evenings with high temperatures, which promote their emergence. The best conditions are around 8:00 p.m. with no wind.



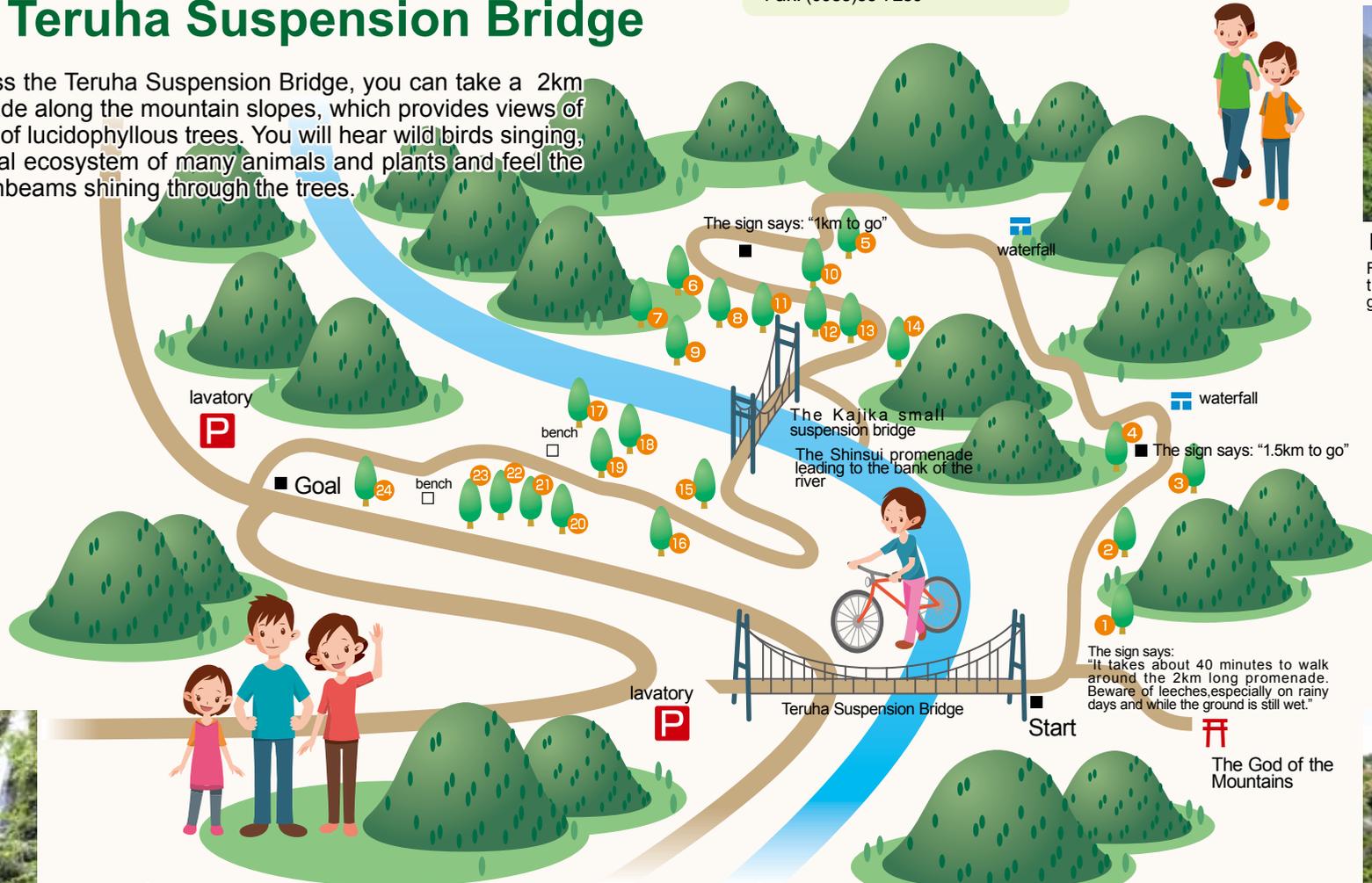
Aya Town is joining the union of the most beautiful villages in Japan.

This is intended to enhance the added value of sightseeing, to keep the environment beautiful and to develop the regional economy.

# Promenade around the Aya Teruha Suspension Bridge

After you cross the Teruha Suspension Bridge, you can take a 2km long promenade along the mountain slopes, which provides views of various kinds of lucidophyllous trees. You will hear wild birds singing, see the natural ecosystem of many animals and plants and feel the warmth of sunbeams shining through the trees.

Contact: Teruha Forest Association  
Tel: (0985)35-7288  
Fax: (0985)35-7289



**Fresh Green Leaves**  
From April to May, lucidophyllous trees are beautiful with fresh green leaves shining in the sun.



**Sempiro Waterfall**  
Fresh water cascades down through the lucidophyllous forest. The waterfall is located in about 5.5km down the river from the Teruha suspension bridge.



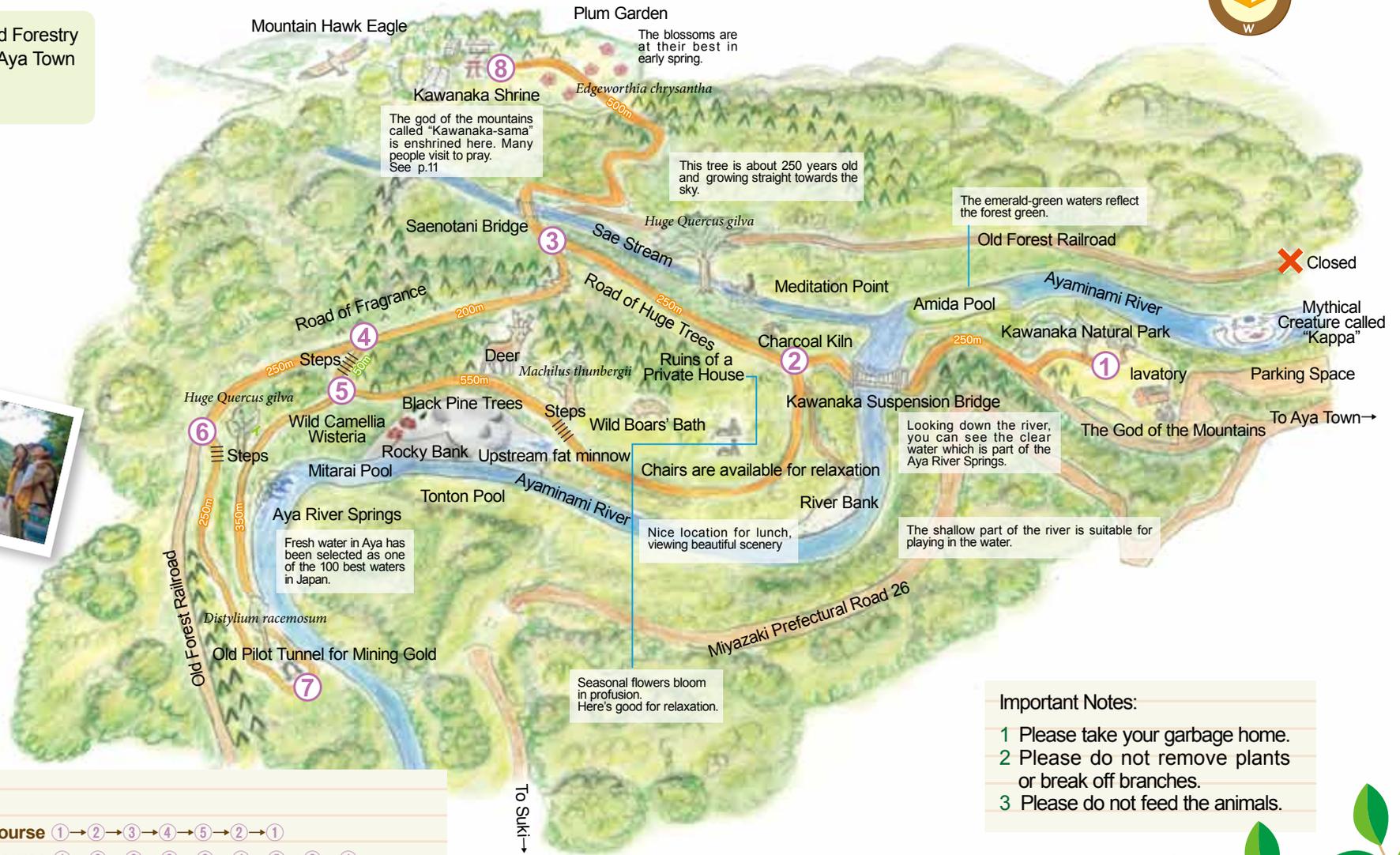
**Wild Cherry Blossoms**  
From mid- to late-March, the wild cherry blossoms are in full bloom. The contrast between the pale pink blossoms and the green of the forest is breathtaking.

- |  |   |  |  |
|--|---|--|--|
| 1 <i>Castanopsis sieboldii</i><br>(170cm in circumference) | 7 <i>Quercus gilva</i><br>(225cm)       | 13 <i>Machilus thunbergii</i><br>(295cm)   | 19 <i>Camellia japonica</i><br>(103cm)     |
| 2 <i>Distylium racemosum</i><br>(220cm)                    | 8 <i>Cinnamomum camphora</i><br>(180cm) | 14 <i>Litsea coreana</i><br>(195cm)        | 20 <i>Machilus thunbergii</i><br>(285cm)   |
| 3 <i>Distylium racemosum</i><br>(270cm)                    | 9 <i>Machilus thunbergii</i><br>(300cm) | 15 <i>Distylium racemosum</i><br>(200cm)   | 21 <i>Distylium racemosum</i><br>(239cm)   |
| 4 <i>Distylium racemosum</i><br>(220cm)                    | 10 <i>Quercus gilva</i><br>(180cm)      | 16 <i>Machilus thunbergii</i><br>(440cm)   | 22 <i>Machilus thunbergii</i><br>(435cm)   |
| 5 <i>Litsea acuminata</i><br>(38cm)                        | 11 <i>Litsea coreana</i><br>(85cm)      | 17 <i>Castanopsis sieboldii</i><br>(250cm) | 23 <i>Castanopsis sieboldii</i><br>(250cm) |
| 6 <i>Melia azedarach</i><br>(200cm)                        | 12 <i>Quercus salicina</i><br>(160cm)   | 18 <i>Distylium racemosum</i><br>(220cm)   | 24 <i>Castanopsis sieboldii</i><br>(410cm) |

# Forest Therapy : Kawanaka Natural Park Course

It has been scientifically verified that the Aya forest has the effect of relaxing the mind and body. Forest therapy provides a leisurely stroll, meals and a refreshed feeling in a natural forest and assists you in releasing stress caused by daily life with the help of guides.

- Contact: Agriculture and Forestry Development Section, Aya Town
- Tel: (0985)77-0100
- Fax: (0985)77-0962



- Important Notes:**
- 1 Please take your garbage home.
  - 2 Please do not remove plants or break off branches.
  - 3 Please do not feed the animals.

**Model Course:**

<b>a: 1.5km-model course</b>	① → ② → ③ → ④ → ⑤ → ② → ①
<b>b: 2.5km-model course</b>	① → ② → ③ → ⑧ → ③ → ④ → ⑤ → ② → ①
<b>c: 3.5km-model course</b>	① → ② → ③ → ⑧ → ③ → ④ → ⑥ → ⑦ → ⑤ → ② → ①

# Aya Castle

Demolished in the 19th century, Aya castle was reconstructed in 1985 based on historical research on the 14th century conducted by the Japan Castle Foundation. It is made of wood and a historical museum has been built inside. You can look back on the town's history and commemorate the feudal warriors.

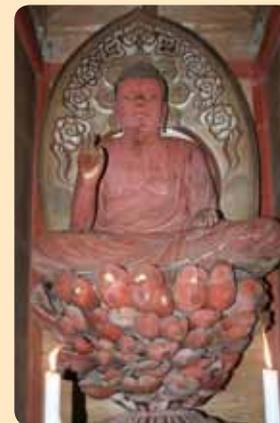
- Open: 9:00 a.m. - 5:00 p.m. (until 5:30 p.m. from April to September) 365 days a year
- Admission: 350 yen (adults), 300 yen (high school students), 250 yen (younger than high school students)  
100 yen discount is available for a group of more than 14 people
- Address: 1012-1, Kitamata, AyaTown
- Tel: (0985)77-1223 ● Fax: (0985)77-1240



Town Flower : azalea  
(*Rhododendron macrosepalum*)



Inside the museum



## Wooden Statue of Seated Amida Buddha of the Kawanaka Shrine

This is believed to have been made between the 14th and 16th centuries. In the 19th century, when there was a movement to abolish Buddhism, local people hid the statue in a cave and saved it. At present, the public is permitted to visit the statue only once a year during the Shrine Festival in November, though it is situated in the Kawanaka Shrine.

## *Quercus gilva*

(Designated by Miyazaki Prefecture as a Natural Treasure)

It is estimated to be about 680 years old, nearly 20m high and about 6.8m in circumference around the trunk.

It is said that the first lord of Aya castle planted it on his premises. A stone monument carved with Sanskrit characters is placed near the root.



# Aya International Handicrafts Pavilion

Handmade crafts created by a variety of local craftsmen are always displayed and sold here. Visitors can try to create their own works at workshops specializing in pottery and weaving, and learn traditional skills and techniques.

- Open: 9:00 a.m. - 5:00 p.m.  
(until 5:30 p.m. from April to September)  
365 days a year
- Admission: Included in an admission fee to Aya Castle  
350 yen (adults), 300 yen (high school students),  
250 yen (younger than high school students)
- Address: 1012-1, Kitamata, AyaTown
- Tel: (0985)77-1223 ● Fax: (0985)77-1240



## Weaving Experience

Nine looms are readily available. You can create your own original luncheon mats, scarves and shawls, which can be shipped directly to your home.

- Genta Weaving Workshop
- Hours: 10:00 a.m. - 4:00 p.m.
- Tel: (0985)77-1223

Items	Required time	Fee
Luncheon mats	30 min.	1,100 yen
Silk scarves	1 day (reservation required)	9,000 yen
Silk shawls	1 day (reservation required)	19,000 yen

※tax included



## Pottery Experience

Potter's wheels, clays and a kiln are readily available. Thirty people can participate at the same time.

- Aya-jo Pottery Workshop
- Hours: 10:00 a.m. - 4:00 p.m.
- Tel: (0985)77-0910

Items	Required time	Fee
Tea cups	30 min.	1,200 yen~
Coffee cups	30 min.	1,700 yen~
Bottles or vases	40 min.	2,300 yen~
Painting a picture	30 min.	1,200 yen~
Hand print	30 min.	1,700 yen~

※tax included



## Great Sword-smith, Kunihiro Tanaka

This is the statue of a renowned sword-smith, Kunihiro Tanaka. He was born in Aya Town and began to make swords as a boy. The sword he made in 1586 has been designated as an important cultural asset in Japan. Some of his swords

are displayed in the Aya Castle Museum. His monument is placed at the site of his birth and his statue is located near the entrance to the Aya Castle.

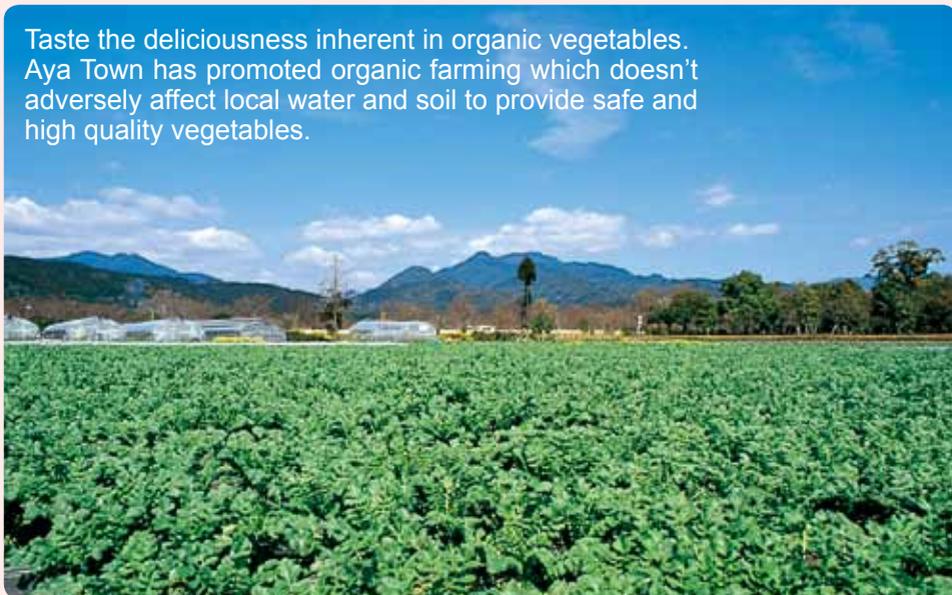
# Aya Honmono Shopping Center

This is located in the center of Aya Town, near Town Hall, selling fresh organic vegetables, fruits and locally produced processed foods. The shop is always bustling with shoppers, not only from the town but also from other areas. You can experience the rich taste of organic vegetables.

- Open: 8:30 a.m. - 5:30 p.m.  
(until 6:00 p.m. between April and September)
- Closed: during the New Year holidays
- Address: 515, Minamimata, AyaTown
- Tel: (0985)77-0777



Taste the deliciousness inherent in organic vegetables. Aya Town has promoted organic farming which doesn't adversely affect local water and soil to provide safe and high quality vegetables.



## Organic Farming in Aya

Aya Town policy is to develop the town, while conserving natural ecosystems. The Ordinance Relating to Promotion of Organic Farming was established in 1988. The local government made efforts to introduce environmental-friendly farming methods and the self-certification system for local farm products to ensure food safety. Since 2001, the town has been designated as a Japanese Agricultural Standards Registered Certifying Body.



## The Locally-grown and Locally-consumed Principle

Public facilities in Aya Town including schools and inns utilize fresh and safe farm products produced in Aya Town.

## Aya Tourist Information Center

The Center provides maps and brochures of popular sightseeing spots and restaurants in Aya Town. Event information is also available. You can rent a bicycle here. Fresh fruit juice is served for a fee.

- Open: 9:00 a.m. - 5:00 p.m.
- Address: 515, Minamimata, AyaTown
- Tel and Fax: (0985)77-2727



## Aya Honmono Ice Cream Shop

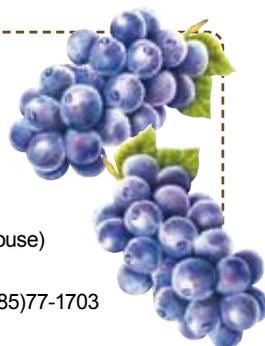


You can buy ice cream and sherbet made from local fruits such as mango and a citrus fruit called "hyuganatsu."

- Open: 9:00 a.m. - 5:30 p.m. (until 6:00 p.m. from April to September)
- Closed: during the New Year holidays
- Address: 515, Minamimata, AyaTown (next to the Honmono Shopping Center)
- Tel and Fax: (0985)77-2727

## Fruit Picking and the Experience of Farming

Some farms in Aya Town allow visitors to pick grapes and Japanese oranges every season. You will feel extra joy from eating the food you harvested yourself.



### Experience of Farming (365days a year)

● Hayakawa Farm Tel: (0985)77-0900 (workplace) / Tel: (0985)77-3485 (house)

### Grape Picking (from mid-July to mid-September)

● Vineyard Sugiyama Tel: (0985)77-0079 / ● Sakoma Vineyard Tel: (0985)77-1703

### Japanese Orange Picking (from October to December)

● Ei Farm Tel: (0985)77-0182



## Unkai Brewery and Shusen-no-Mori

You can taste as much as you want of Shochu (a locally distilled alcoholic beverage) and wine, which are produced using fresh water from Aya river springs. Local beer and dishes are served in the restaurants. There are souvenir shops which sell local sweets, beverages and handicrafts.

It is also possible to observe the production processes of glass arts and to use a bathing facility.

- Address : 1800-19, Minamimata, AyaTown
- Tel: (0985)77-2222 ● Fax: (0985)77-2518



The bathing facility called "Shoyo-no-yu" is available between 11:00a.m. and 4:00p.m.

# Aya Equestrian Park

Aya has been known for its horse breeding. This is a prominent equestrian club in Miyazaki Prefecture. Anyone from beginners to the experienced can enjoy horse riding. There are an indoor riding ground and a clubhouse. The flower clock on the premises is 28m in diameter and about 20,000 flowers will feast your eyes every season.

- Open: 9:00 a.m. - 5:30 p.m. (last admission: 4:00 p.m.)
- Closed: Mondays and during the New Year holidays
- Admission: free
- Address: 2687, Kitamata, AyaTown
- Tel: (0985)77-0964 • Fax: (0985)77-3118



## Running Pool and Water Slides (July and August)

This pool is made of natural stones and uses ground water. The water slides are over 100m long and are thrilling.

- Period: From mid-July to late August
- Open: 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:30 p.m.
- Admission: 350 yen (adults and high school students)  
250 yen (junior high and elementary school students)  
200 yen (under school age)
- Address: 3765, Kitamata, AyaTown • Tel:(0985)77-1227



## Aya Teruha Dome

This is a multipurpose indoor facility which was completed in April, 2005. It is made of wood produced in Aya Town with an area of 4,800m<sup>2</sup>(60m wide and 80m long). Weight training machines, a shower room and a martial arts hall are available. You can enjoy sports, while feeling the warmth of the woods in the spacious facility.

- Address: 445-2, Kitamata, AyaTown
- Tel: (0985)77-1115 • Fax: (0985)77-1143

## Excellent Sports Environment

Various sports groups including professional soccer and baseball teams come and stay for their training all year around due to the warm temperate climate, rich natural environment and superb sports fields.



## Sports Facilities

### Nishikibaru Baseball Grounds

The stadium measures 92m in the left- and right-fields and 120m in the center field.

### Tennis Courts

Four sand-containing artificial lawn courts

### Nishikibaru Soccer Grounds

There are one main field and two small fields which are covered with natural turf throughout the year.

### Kotatsume Athletic Field

All-weather field  
The track is 400m in circumference.

# Seasonal Events in Aya Town

## Event 1 Aya Hinayama Festival (Girls' Festival)

This is held from late February to early March. Wishing for the healthy growth of girls, local residents decorate dolls wearing kimonos on a mountain-like platform created using natural objects such as trees and rocks. You can see a variety of displays, which are worth seeing, at about 20 places in the town.

Since around the 17th century, when the eldest daughter was born, there has been a traditional custom that relatives and neighbors would pick up big or old trees and reproduce the mountains and rivers in a back room to celebrate the birth.

To preserve this tradition, the Aya Chamber of Commerce and Industry Business Women's Club revived the event in 2001.



## Event 2 Otokoyama Festival (Boys' Festival)

This takes place from late April to early May. Wishing for the healthy growth of boys, local residents display dolls wearing armor and traditional helmets on a mountain-like platform which reproduces the splendid scenery of deep mountains using natural materials such as rocks and moss. During this period, there is a procession of children dressed like medieval warriors.



## Event 3 Fireworks Displays

In mid-September, about 4,000 rounds of fireworks are displayed from the banks of the Ayaminami River. The sound of fireworks echoes through the mountains and the huge displays attract many spectators.



## Event 4 Aya Marathon through the Lucidophyllous Forest

This is an annual event held in late October.

Since 1986, it has been popular among everyone from athletes to children due to the beautiful scenery. Over 7,000 runners participate in the event.



## Event 5 Aya Horse Race

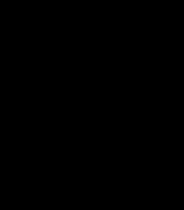
This event takes place annually on the first Sunday in November. It is so popular that as many as 20,000 tourists come to see the horses competing up close. There are several kinds of races involving racehorses and ponies.

# Artisans of Aya Town

Over the past decades, a number of artisans specializing in different crafts have been drawn to the charms of Aya, which harbors one of the world's rarest natural lucidophyllous forests. Aya Town is now home to many craftspeople who, while observing Japanese traditional culture, continue to create new, original artworks of genuine quality reminding us of the warmth the local natural environment provides.

## Aya Handicrafts Festival

This is held annually late November. More than 40 local workshops participate in this event to display and sell their products including handmade woodcrafts, pottery, textiles and processed foods. Approximately 15,000 people flock to this event from inside and outside Miyazaki Prefecture.



# Accommodations



## Ayagawa-so Inn

Room rates (room and two meals) per person (tax excluded)

	Main building	Annex
Adults	¥7,500~	¥6,500~
High school and junior high students	¥7,100~	¥6,100~
Younger children	¥6,500~	¥5,500~

- Facilities**
- Capacity: 25 rooms, 80 people
  - Check in: 4:00 p.m. ● Check out: 10:00 a.m.
  - Address: 5539, Kitamata, AyaTown
  - Tel: (0985)77-0070 ● Fax: (0985)77-0021



## Shusen-no-Mori Ryoyotei Inn

Room rates (room and two meals) per person (tax excluded)

	Main building	Cottage	Special Room
Two Persons' Use	¥22,000~	¥27,000~	¥35,000~
Three persons' Use	¥20,000~	¥25,000~	¥33,000~
Four Persons' Use	¥18,000~	¥23,000~	¥30,000~
Five to Six Persons' Use	¥17,000~	¥22,000~	¥28,000~

- Facilities**
- Capacity: 16 rooms, 100 people
  - Check in: 2:00 p.m. ● Check out: 11:00 a.m.
  - Address: 1800-19, Minanimata, AyaTown
  - Tel: (0985)77-2222 ● Fax: (0985)77-2518



## Aya Teruha-no-Mori-no-Yado Inn

Room rates (room and two meals) per person (tax excluded)

	Main building	Annex	Cabin
Adults	¥8,000~	¥6,500~	¥12,500 (5 people)
High school and junior high students	¥7,600~	¥6,100~	
Younger children	¥7,000~	¥5,500~	

- Facilities**
- Capacity: Main building: 16 rooms, 32 people  
Annex: 12 rooms, 68 people
  - Check in: 4:00 p.m. ● Check out: 10:00 a.m.
  - Address: 3765, Kitamata, AyaTown
  - Tel: (0985)77-1227 ● Fax: (0985)77-0932



## Sansui Inn

Room rates (room and two meals) per person (tax excluded)

Adults, high school and junior high students	¥7,000~
Elementary school students	¥5,500~

Learning and business usages have different rates

- Facilities**
- Capacity: 18 rooms, 40 people
  - Check in: 4:00 p.m. ● Check out: 10:00 a.m.
  - Address: 1768, Kitamata, AyaTown
  - Tel: (0985)77-1626 ● Fax: (0985)77-2098



## Aya Town Fureai Training Camp Center

Room rates (room and two meals) per person (tax excluded)

Adults (for learning and training)	¥4,000~
High school and junior high students (for learning and training)	¥3,600~
Younger children (for learning and training)	¥3,300~
Adults (for other purposes)	¥5,000~

- Facilities**
- Capacity: 25 rooms, 70 people
  - Check in: 4:00 p.m. ● Check out: 9:00 a.m.
  - One Multipurpose Hall, Two Training Rooms, One Tennis Court
  - Address: 3616-15, Kitamata, AyaTown
  - Tel: (0985)77-1511 ● Fax: (0985)77-2511

## Lodging Kinezumi

Room rates (room and two meals) per person (tax excluded)

Adults, high school and junior high students: ¥10,000~/ Elementary school students: ¥8,000~/ Younger children: ¥6,000~

- Capacity: 5 rooms, 15 people ● Address: 2641-3, Kitamata, AyaTown ● Tel: (0985)77-3346 ● Fax: (0985)77-3346

## Aya-no-Shokutaku Inn

Room rates (room and two meals) per person (tax excluded)

Adults, high school and junior high students: ¥12,286~

- Capacity: 6 rooms, 18 people ● Address: 4000, Irino, AyaTown ● Tel: (0985)30-7115 ● Fax: (0985)77-2883

## Aya Bios Village Goda Inn

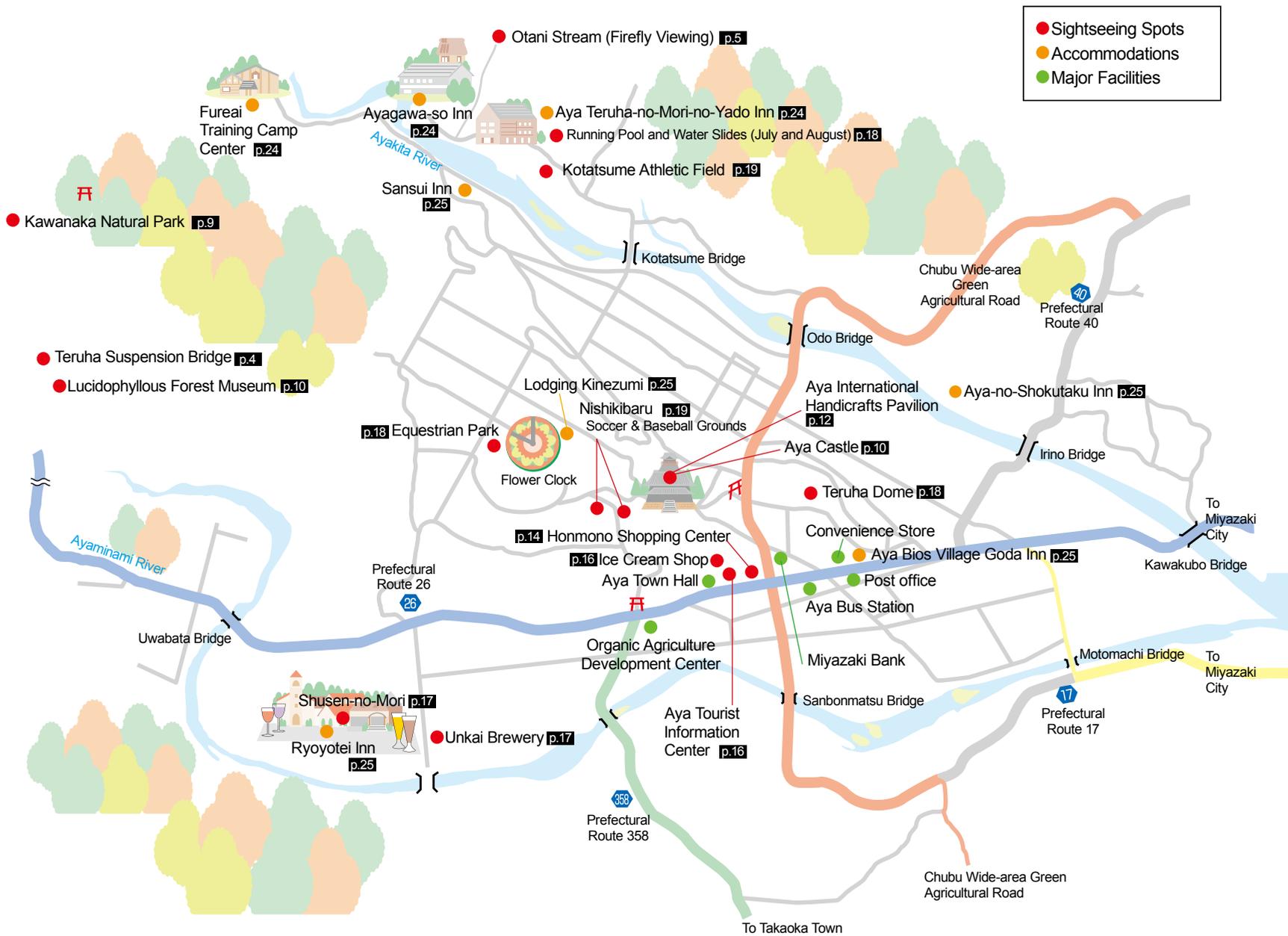
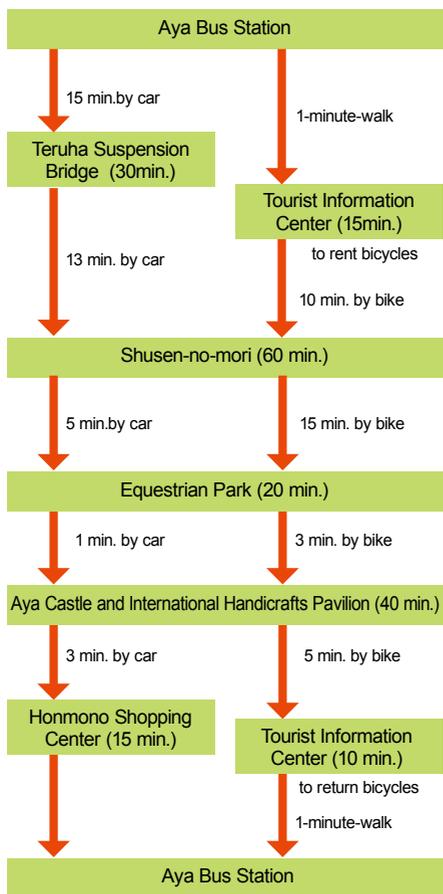
Room rates (tax excluded)

Room and two meals per person: ¥12,000/ Bed and breakfast: ¥7,000~/ Bed without meals: ¥6,000~

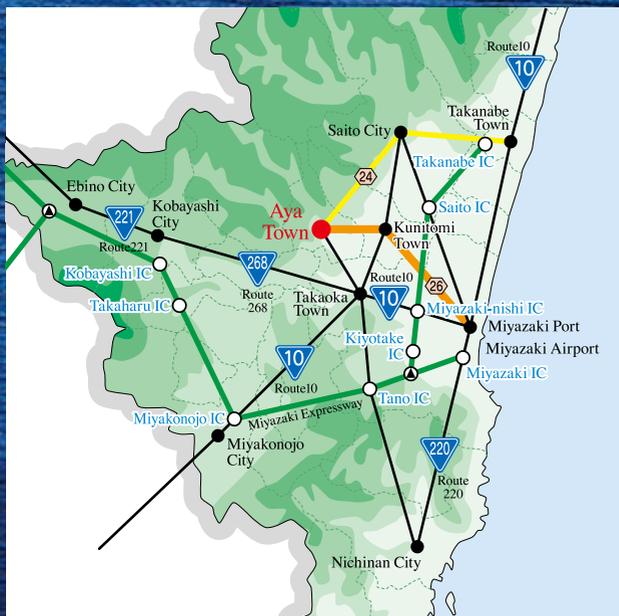
- Capacity: 4 rooms, 9 people ● Address: 303-4, Minanimata, AyaTown ● Tel: (0985)77-0045

# Aya Town

## Three-hour Model Course From the Center of Aya Town



Miyazaki Kotsu Bus Information Center	Tel: (0985)51-5153 Weekdays 9:00 a.m. - 6:00 p.m.
Miyako Taxi	Tel: (0985)77-0127
Tourist Information Center for Rental Bicycles	Tel: (0985)77-2727



# Transportation

## Railroad and Bus

JR Minami-Miyazaki Station → (5-minute-walk)  
 → Miyakocity Bus Terminal /  
 Take Kunitomi-Aya Line (The route numbers: 304, 305,  
 314, 324, 325) → (60 min.) → Aya Town Bus Station

## Airplane and Bus

Miyazaki Airport → (12 min. by bus) → Miyakocity Bus  
 Terminal → Take Kunitomi-Aya Line → (60 min.) →  
 Aya Town Bus Station

## Car

- 1 Takaharu IC → (National Road 268) → Takaoka Town →  
 (60 min.) → Aya Town
- 2 Miyazaki City → Kunitomi Town → (50 min.) → Aya Town
- 3 Miyakonojo City → (National Road 10) →  
 Takaoka Town → (60 min.) → Aya Town

## Contact us

<http://www.town.aya.miyazaki.jp/ayatown/>

Industrial Tourism Section, Aya Town, Miyazaki Prefecture  
 515, Minamimata, Aya Town, Higashimorokata-gun, MIYAZAKI, 880-1392  
 ●Tel: (0985)77-3464 ●Fax: (0985)77-2094  
 ●e-mail: aya.BR.2012@town.aya.lg.jp

Miyazaki  
 Prefecture

Aya Town