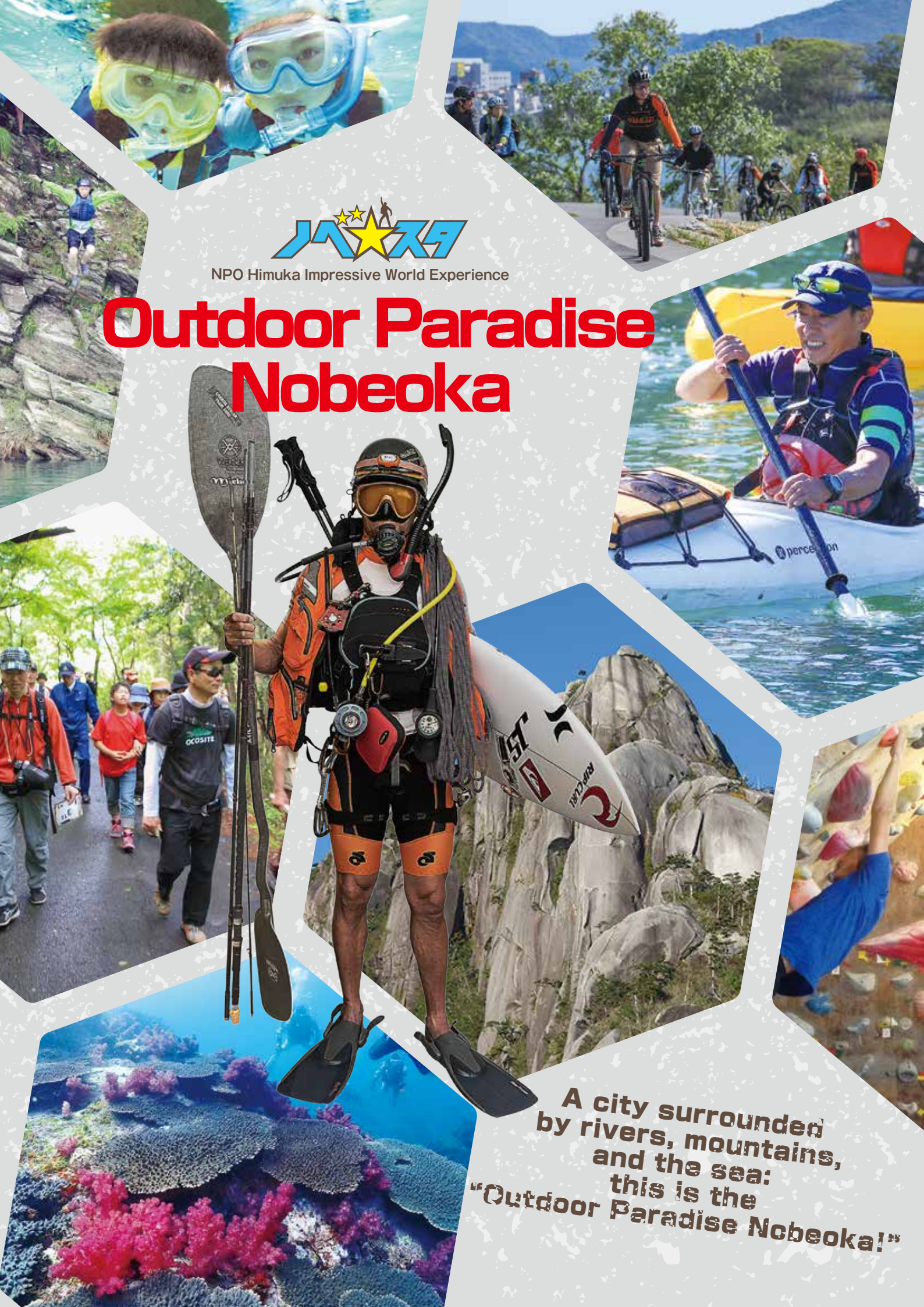


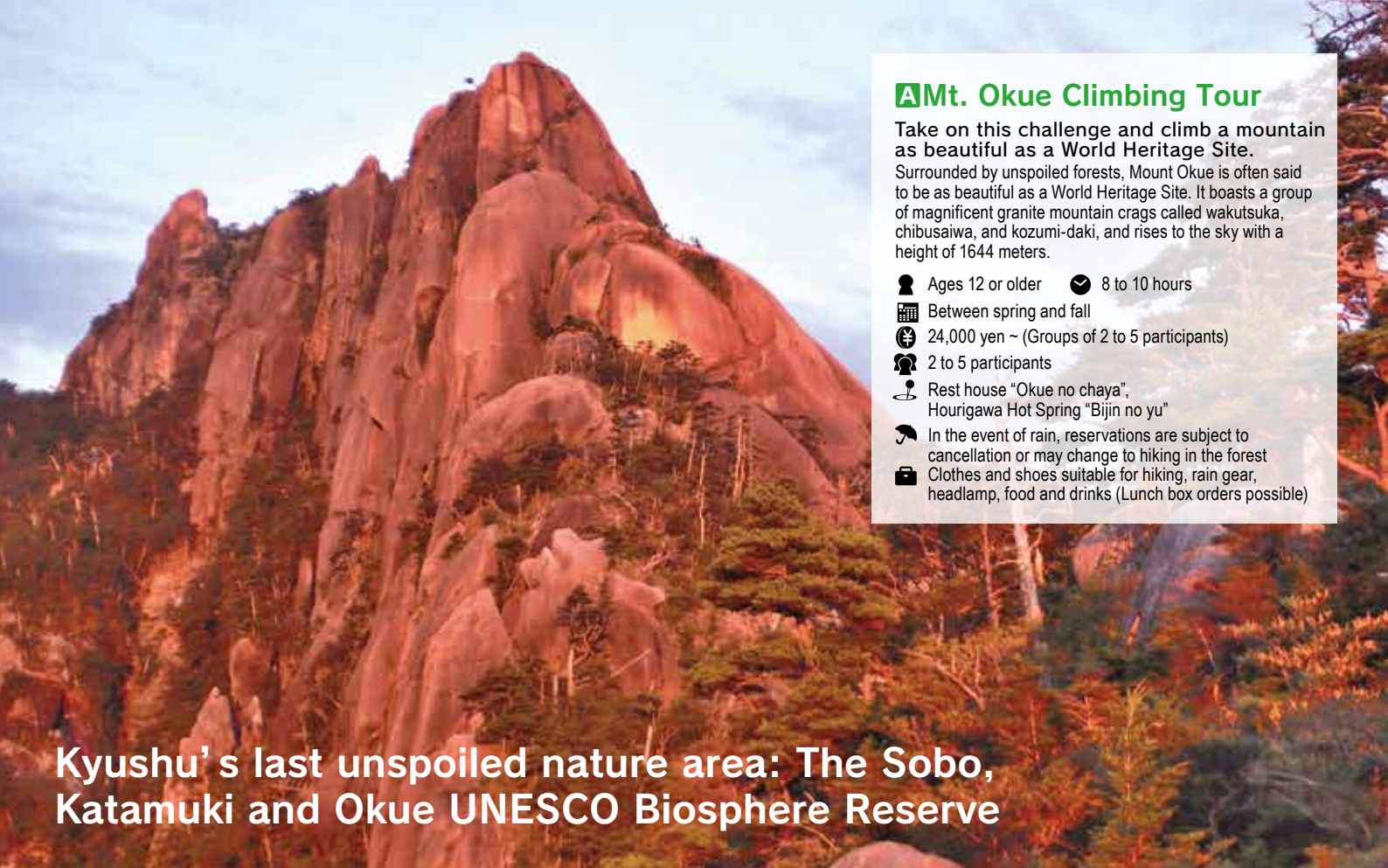


NPO Himuka Impressive World Experience

Outdoor Paradise Nobeoka



A city surrounded
by rivers, mountains,
and the sea:
this is the
"Outdoor Paradise Nobeoka!"



Kyushu's last unspoiled nature area: The Sobo, Katamuki and Okue UNESCO Biosphere Reserve

■ Mt. Okue Climbing Tour

Take on this challenge and climb a mountain as beautiful as a World Heritage Site.

Surrounded by unspoiled forests, Mount Okue is often said to be as beautiful as a World Heritage Site. It boasts a group of magnificent granite mountain crags called wakutsuka, chibusaiwa, and kozumi-daki, and rises to the sky with a height of 1644 meters.

- 👤 Ages 12 or older
- 🕒 8 to 10 hours
- 📅 Between spring and fall
- 💰 24,000 yen ~ (Groups of 2 to 5 participants)
- 👤 2 to 5 participants
- 🏠 Rest house "Okue no chaya", Hourigawa Hot Spring "Bijin no yu"
- ☔ In the event of rain, reservations are subject to cancellation or may change to hiking in the forest
- 🎒 Clothes and shoes suitable for hiking, rain gear, headlamp, food and drinks (Lunch box orders possible)

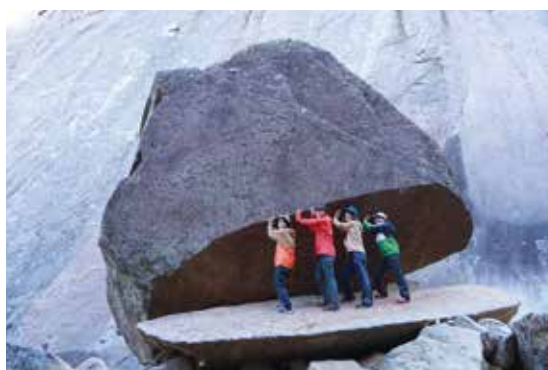


■ Mt. Hokodake, Mt. Daki, and Mt. Hiei Climbing Tour

Let's go mountain climbing!

Experience the beautiful mountains surrounding Mt. Okue, which has been registered as a UNESCO Ecopark. Mt. Hiei (760m) is well-known as an excellent place for rock climbing and for its fantastic scenery. Climb through a narrow gap between huge rocks for an especially beautiful view on top of Karankoron Rock. Other mountains in this area are Mt. Daki (1,420m), and Mt. Hokodake (1,277m). You can see beautiful azaleas spreading over the ridge of Mt. Daki and a pair of breathtaking rising crags at Mt. Hokodake.

- 👤 Ages 9 or older
- 🕒 4 to 6 hours
- 📅 Between April and November
- 👤 2 to 5 participants
- 💰 20,000 yen ~ (Groups of 2 to 5 participants)
- ☔ Cancelled only in the event of heavy rain
- 🏠 Mt. Hiei: Mt. Hiei parking lot, Mt. Daki: Kamishishigawa Kagura Building (Kagura-kan), Mt. Hokodake: Shishigawa Camp parking lot
- 🎒 Clothes and shoes suitable for hiking (e.g. long sleeves, long pants), towel, gloves, cap or hat, rain gear, drinks and snacks (Lunch box orders possible)



■ Pakkun Rock (PAC-MAN Rock) Trekking Tour

Check out this Instagram-worthy spot!

Halfway to the top of Mt. Hoko is a huge rock that has earned the name Pakkun, or PAC-MAN Rock. Its close resemblance to the game character "PAC-MAN" made this rock a social media phenomenon! Strike a pose and take some commemorative photos there. You can also see azaleas and daphnimorpha capitella, a species of flowering plants found only in this area.

- 👤 Ages 6 or older
- 🕒 3 to 4 hours
- 📅 Between March and November
- 👤 2 to 5 participants
- 💰 15,000 yen ~ (Groups of 2 to 5 participants)
- 🏠 Shishigawa Camp parking lot
- ☔ Cancelled only in the event of heavy rain
- 🎒 Clothes and shoes suitable for hiking (e.g. long sleeves, long pants), towel, gloves, cap or hat, rain gear, drinks and snacks (Lunch box orders possible)



■ Rock Climbing Tour at Mt. Hiei

Enjoy this refreshing sacred spot!

Mt. Hiei (760m) has a series of granite monoliths and rocks that are optimal for rock climbing. Rock climbers can enjoy various routes. It is considered a "sacred climbing place" and is visited by many climbers from across the country. If you look across the Tsunanose River while climbing, you can get a view of Mt. Yahazu and Mt. Tansuke. This thrilling view cannot be experienced anywhere else.

* Please make a separate inquiry if you want to do multi-pitch climbing.

- 👤 Ages 9 or older
- 🕒 Half a day
- 📅 March to May, September to November
- 👤 1 to 5 participants
- 💰 15,000 yen ~ (Groups of 1 to 2 participants)
- 🏠 Roadside Stop "Kitakata Yocchimiroya"
- 🎒 Clothes and shoes suitable for climbing, drinks
- ☔ In the event of rain, plans may change to bouldering in a gym



Poster made by sixth graders from Nobeoka Minami Elementary School

Experienced Mountain Tour Guides



Sumio Misawa



Retsuko Ishimoto



Masao Todaka



Fumitaka Nakahara



Kenji Ishimoto



Kazuhide Hattori



Koichi Wakisaka



Shinji Yanagita



📌 Mt. Kamasan Trekking Tour

Discover this hidden gem at the foot of Mt. Okue.

Located at the foot of Mt. Okue, Mt. Kamasan is well-known as a hidden gem. A pyramid-shaped holy stone may be found resting inside the remains of an old cave. To reach this destination, visitors must climb 240 stone steps surrounded by bamboo forests.

- 👤 Ages 6 or older
- 🕒 2 to 3 hours
- 📅 Year Round
- 👥 2 to 5 participants
- 💰 5,000 yen ~ (Groups of 2 to 5 participants)
- 📍 Hourigawa Hot Spring "Bijin no yu"
- 🎒 Clothes and shoes suitable for hiking, towel, drinks
- ☔ May be cancelled in the event of heavy rain

👤	Target Age
🕒	Required Time
📅	Period of Operation
👥	Number of Possible Participants
💰	Fee
📍	Meeting Spot
🎒	Items to Prepare
☔	Conditions for Cancellation



📌 Try Rock Climbing at a Bouldering Gym

You can be a boulderer too!

The Hattori Bouldering Gym is located on Kitakoji in Nobeoka City. It is a private gym equipped with an indoor bouldering wall. Try indoor bouldering with advice and guidance from a rock climbing specialist!

- 👤 Ages 6 or older
- 🕒 Daytime
- 📅 Year Round
- 👥 2 to 10 participants
- 💰 1,500 yen ~ (per person, rental fee for bouldering shoes included)
- 📍 Hattori Gym, Nobeoka City, Kitakoji Area (along route 218)
- 🎒 Clothes and shoes suitable for bouldering, drinks, change of clothes
- ☔ Indoor experience, no cancellations due to rain

📌 Mt. Tonba Trekking Tour

Hike along an old island road while enjoying a superb view!

Mt. Tonba, with an altitude of 186m, is located on Shimanoura Island, the only isolated island with residents in Miyazaki prefecture. Over the years, the trail on this mountain has been improved and maintained by residents of the island. Thirty-three Kannon (the Buddhist deity of mercy) statues are located along the trail. In spring, blooming Rhododendron dilatatum are visible in a pink-colored tunnel. Visitors can enjoy phenomenal views from the island's lighthouse or from the Nakayama cliff.

- 👤 Ages 6 or older
- 🕒 3 to 4 hours
- 📅 October through May
- 👥 4 to 10 participants
- ☔ Subject to cancellation in the event of heavy rain
- 💰 15,000 yen ~ (Groups of 4 to 10 participants, ferry fare is not included)
- 📍 Shimanoura Ferry Terminal (High-speed ferry terminal)
- 🎒 Clothes and shoes suitable for hiking/climbing, drinks
- *Roundtrip boat fare to the island must be paid separately





The rivers in Nobeoka are known nationwide for their unbelievably clear water that supports various types of aquatic life!



Easy River Canoeing Experience

Kogawa River is known for its extremely clear water. Additionally, the area has a population of aquatic life that is renowned as some of the best in the nation. While canoeing down, you can see stones on the river bottom and schools of fish such as ayu (sweet fish) and carp swimming below. Starting in September, you can also enjoy diving from rocks along the river or from the Chinka Bridge, which is designed to be underwater during floods! This activity will take place at Houri River, a clear stream similar to the Kitagawa River.

- 👤 (Canadian Canoe) Ages 2 or older, (Kayak) Ages 7 or older ⌚ 2.5 to 3 hours
- 📅 April to September, or April to August for groups
- 👥 3 to 40 participants (Please contact us even in the event that the required number of people is not reached.)
- 💰 8,000 yen 📍 To be announced
- ☔ Subject to cancellation in the event of heavy rain (More than 2 millimeters per hour)
- 👟 Shoes that can get wet (e.g. sports sandals) (Flip-flops and similar shoes are not permitted)
Swimwear, change of clothes, sunscreen, fleece jacket, cap, towel

SUP Experience at Kogawa River

Try this trendy water sports activity!

SUP is a trendy new water sports activity that stands for "stand up paddleboarding." Try standing on a floating board and paddling down the river! Enjoy the trip at your own pace at Kogawa River with clear water that can change colors from a beautiful cobalt blue to a fantastic emerald green depending on the sunlight. Come try it with us!

- 👤 Ages 9 or older ⌚ 2 to 2.5 hours 📅 May to August
- 👥 1 to 4 participants 💰 7,500 yen 📍 Roadside Stop "Kitagawa Hayuma"
- ☔ Subject to cancellation in the event of heavy rain (More than 2 millimeters per hour)
- 👟 Shoes that can get wet (e.g. sports sandals) (Flip-flops and similar shoes are not permitted)
swimwear, change of clothes, fleece jacket, towel, cap, sunscreen



MEGA-SUP Experience for up to 8 People

- 👤 Ages 3 or older
- 👥 Up to 4 adults, or up to 2 adults and 4 children (min. 3 participants)
- 💰 (Adults) 7,000 yen, (Junior High School Age) 6,000 yen, (Elementary School Age or younger) 5,000 yen



Poster made by sixth graders from Nobeoka Minami Elementary School

Experienced River Tour Guides



Toshihiro Mitsui



Yohei Kamimura



Chihiro Osugi



Eiji Sugita



Kenji Saita



Satoshi Narusaki

- Target Age Required Time
- Period of Operation Fee
- Number of Possible Participants Meeting Spot
- Items to Prepare Conditions for Cancellation



Canoeing at Soyo Gorge

The "Grand Canyon" of Kyushu

Canyons like these are rare in Japan! Try canoeing in a lake dam at Soyo Gorge and learn about the relationship between water and the forest. Enjoy the beautiful nature on this educational program.

- Ages 2 or older 2.5 hours March to November
- 3 or more participants Gokase no Sato Camp Site
- (Adults, Jr. High School Ages and older) 5,500 yen
(Elementary School Age) 4,000 yen
(Ages 2 to Elementary School Age) 2,000 yen
- Subject to cancellation in the event of unfavorable river conditions
- Clothes and shoes that can get dirty and are suitable for canoeing, raincoat (in case of light rain) change of clothes and towel (in case you fall in the water)

Mountain Stream Fishing in the Houru River

Aim for the queen fish of this mountain stream!

Try catching yamame (referred to as "cherry salmon" outside of Japan) and rainbow trout at Houru River Gorge in Nobeoka City. Expect to fight fish more than one foot long!

- Ages 6 or older 7 to 8 hours March to September
- Up to 2 participants Hourigawa Hot Spring "Bijin no yu"
- 18,000 yen (1000 yen Special Fishing Charge must be paid separately)
- Subject to cancellation in case of heavy rain (More than 2 millimeters per hour)
- Fishing vest, cap, sunglasses, rain gear, landing net, waders

Easy Lake Canoeing Experience

Beautiful nature that's all yours!

Try canoeing freely at a spot recommended by your guide. After mastering paddling and balancing, set out to canoe on the lake's calm surface. This program is an introduction to canoeing, suitable for beginners.

- (Canadian canoe) Ages 2 or older, (Kayak) Ages 7 or older
- 2 hours Year Round
- 2 to 40 participants (Please contact us even in the event that the required number of people is not reached.)
- 6,000 yen To be announced
- Subject to cancellation in the event of heavy rain (More than 2 millimeters per hour)
- Shoes that can get wet (e.g. sports sandals) (Flip-flops and similar shoes are not permitted)
Swimwear, change of clothes, sunscreen, fleece jacket, towel, cap



The area around Mt. Sobo, Mt. Katamuki and Mt. Okue are registered as UNESCO Biosphere Reserves.





Visit a beautiful sea warmed by the Kuroshio Current in the Nippo Coast Quasi-National Park

🏊 Scuba Diving Experience Enjoy diving in an area full of coral and tropical fish!

Experience diving in one of Kyushu's top ranking diving locations. This area is full of coral and tropical fish. Tour guides with experience diving in various seas across the world will take you on a one-on-one tour of the area. It will be very exciting to feed some of the fish and observe the colorful corals! You can participate in this tour even if you can't swim!

👤 Ages 10 or older ⌚ 3 hours 🧑 1 to 20 participants 📅 (Adults) Year Round, (Children) May to November

💰 15,000 yen ~ (one drink included, 300 yen shower/restroom charge is not included)

📍 Nobeoka Marine Service ☂ Subject to cancellation depending on sea conditions

🧳 (Summer) Swimwear, bath towel, change of clothes (Winter) Training suits or sweatshirt/sweatpants, bath towel
*Certificate of medical history is required



🏊 Snorkeling Experience (Beach & Boat)

The remote islands around Nobeoka are a paradise for corals!

The beautiful islands around Nobeoka invite visitors to clear waters, rich in various types of aquatic life such as tropical fish, including the anemone fish. The area also supports over 100 different kinds of natural corals, such as the table coral. Beginners and children can also join the tour and enjoy the undersea world without any worry.

👤 Ages 6 or older ⌚ 1.5 to 2 hours 🧑 1 to 40 participants

📅 (Adults) Year Round, (Children) May to November

💰 Beach: 5,000 yen, Boat: 8,000 yen (one drink included, 300 yen shower/restroom charge is not included)

📍 Nobeoka Marine Service ☂ Subject to cancellation depending on sea conditions

🧳 (Summer) Swimwear, bath towel, change of clothes
(Winter) Training suits or sweatshirt/sweatpants, bath towel



🚣 Sea Kayak Activity

Enjoy kayaking in the "Hyuga Matsushima" area.

With islands such as Shimanoura and Takashima, as well as scattered reefs, large and small, the Hyuga Coast is also known as "Hyuga Matsushima." Paddle a sea kayak in this area while admiring a superb view, pass through a sea cave, and enjoy a tasty lunch on an island or at the beach.

👤 Ages 12 or older ⌚ 2 hours 📅 October to June

🧑 2 to 10 participants 💰 6,500 yen 📍 JR Nobeoka Station

☂ Subject to cancellation depending on sea conditions

🧳 Drinks, food, sun protection (sunscreen, etc.)



🚢 Shimanoura Cruising Tour

Be excited to see an arch rock!

Take a cruise with a friendly guide around the local coastal islands, Shimanoura and Takashima. One highlight is passing through a rock arch! You can also see table corals in the clear water from the boat.

👤 Safe for all ages ⌚ 1.5 hours

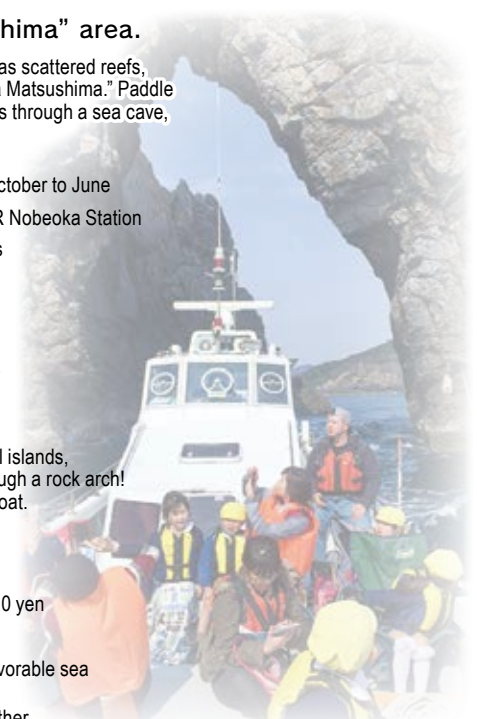
🧑 4 to 12 participants 📅 Year Round

💰 (Ages 6 or older) 3,500 yen, (Ages 12 or older) 4,000 yen

📍 Kitaura Area, Furue Port

☂ Subject to cancellation in the event of rain and unfavorable sea conditions

🧳 Warm clothes for protection against cold winter weather





Experienced Sea Tour Guides



Manshiro Utoda



Yuken Miyahara



Ichiro Yamamoto



Toshiaki Hashimoto



Masakazu Toda



Katsuei Takahashi



Mayumi Takahashi



Toyohiro Yuki



Sea Fishing Experience (Beginner, Intermediate and Advanced Level)

Learn various fishing methods at training sites in the Kitaura Area and at Shimanoura Island.

An instructor will teach you how to make hook and casting hook rigs as well as chum. Step up to intermediate and advanced courses to further improve your skills!

- Ages 10 or older
- All day, starting before dawn
- 3 to 9 participants
- October to June
- JR Nobeoka Station
- Beginner Course: 12,000 yen, Intermediate Course: 13,000 yen, Advance course: 14,000 yen (Fees for boat and fish bait included in all courses)
- *Half-day plan at the dock without use of a boat: 8,000 yen
- Subject to cancellation depending on sea conditions
- Drinks, food, cooler box, sun protection (sunscreen, etc.)



Surfing Experience

The seas of Nobeoka are a paradise for surfers!

The seas of Nobeoka are a surfer's paradise with various excellent spots. A professional and friendly guide can teach everything from long-board surfing techniques for beginners to short-board surfing for more experienced surfers.

- Ages 9 or older
- 1.5 to 3 hours
- May to October
- 1 to 3 participants
- 6,500 yen per participant (3,000 yen rental fee for surfboards and 2,000 yen rental fee for wetsuits are not included.)
- JR Nobeoka Station (Other meeting points can be negotiated.)
- Subject to cancellation depending on sea conditions
- Swimwear, bath towel, flip-flops/sandals, t-shirt, sun protection (sunscreen, etc.)



Fishery Experience Using Small Nets

You can touch the fish!

Experience small set net fishing offshore at Nomi in the Kitaura area. You can experience touching fish scooped up with a spoon-net, sorting them out after returning to the port, and tasting the fish on the spot.

- Ages 6 or older
- 1.5 to 2 hours
- October to May
- Up to 12 participants
- 40,000 yen (Charter fee for the boat)
- Kitaura Seaside Park
- Subject to cancellation in the event of rain or waves higher than 2 meters
- Gloves, cap or hat, water bottle, clothes that can get wet
- *You may purchase the caught fish.
- Fish caught during the experience may be purchased.
- Participants should bring their own coolers if they plan to buy fish.

	Target Age
	Required Time
	Period of Operation
	Number of Possible Participants
	Fee
	Meeting Spot
	Items to Prepare
	Conditions for Cancellation



Foot Paths

We recognize "Foot Paths" as beautiful roads that lead through forests, green fields, and old, rural towns that let you enjoy untouched scenery while strolling.
"Nobe Star" recommends 12 different paths in Nobeoka City.

Contact Nobe☆Star (NPO Himuka Impressive World Experience) TEL: 0982-29-3835

Special Plan
6,000^{yen} (person)
(Includes tour guide, Japanese BBQ, and insurance fee)

Regular Plan
10,000^{yen}
/group (up to 8 participants)
(Includes tour guide, café visit, and insurance fee)

Kitakata Area



① Kamishishigawa Area Course

Distance: **About 4.5 km** Time required: **90min**

Step into a hidden paradise!

The Kamishishigawa Area is located at the base of the Sobo-Katamuki mountain area, 450 to 800 meters above sea level. Walk around a small village, surrounded by mountains with an altitude of around 1000 meters and admire a beautiful canyon with monoliths and a clear stream. Spring and early summer are the best seasons to enjoy the green forest. In the fall, you can enjoy the red autumn leaves.

Kitakata Area



② Soki Course

Distance: **4~8 km** Time required: **90min**

Take a stroll along an ancient road in this rural town!

This town used to be a postal station along the Hyuga Oukan Road, once known as a traffic hub. Take a stroll in this rural area around Kitakata Town and visit ancient burial mounds, shrines, and the Jigen Zenji Temple. The annex of this temple holds an exhibition about Inko Zenshi, a monk loyal to the emperor who planned to overthrow the Tokugawa Shogunate and reform Japan in the Bakumatsu period.

Kitakata Area



③ Tsunoda Course

Distance: **About 5.5 km** Time required: **100min**

Step into Kitakata Town to see mountains and beautiful flat land!

On this course you walk around an area between mountain foothills and arable flat land, including a small village which is located at the north side of Gokase River, along Route 218. This course will also lead you to Tsunoda Shrine, the home of the local god who protects the village. The area surrounding the Shrine, which was built in the Yoro era (717-724), has a long history, consists of large trees and rocks and is known as a mystical spot. You can also find a Yobaijizou on this course.

Kitakata Area



④ Hayahito Course

Distance: **About 5.5 km** Time required: **90min**

Be surprised by the wide rural area at the foot of Mt. Hayahi.

The trail will start and end at Kitakata Yocchimiroya Roadside Stop, and you can see the wide plain which is said to be the site where the god Nigihayahi-no-mikoto descended to earth. The surrounding area is filled with historical shrines and aqueduct bridges that cross the nearby roadway. During cherry blossom season, we recommend visiting the old Hayahito train station for a stunning view of the flowers in full bloom.

Kitagawa Area



⑤ Hour Course

Distance: **About 4.3 km** Time required: **90min**

This road is a hidden gem with scenery that will soothe your soul.

Start at the Hourigawa Hot Spring "Bijin no yu" and walk through one of Kyushu's last unexplored areas. It is surrounded by mysteriously shaped rocks and beautiful mountains, including Mt. Okue. A clear stream from Mt. Okue and a beautiful canyon made of granite monoliths provide spectacular scenery. You can even include Mt. Kamisan, known as a "spiritual power spot," in your tour!

Kitagawa Area



⑥ Eda Wetland Course

Distance: **About 4.8 km** Time required: **100min**

A reservoir of rare animals and plants!

Stroll around Eda Wetland which has been chosen as one of 500 important wetlands in Japan. The area has significant academic value, being the home of more than 50 endangered animal and plant species. You can even visit a Shakuhaichi waterpipe, which is a historical artifact. It was built as an irrigation pond for farming many generations ago.

Kitaura Area



⑦ Furue Course

Distance: **About 4.5 km** Time required: **90min**

Take a stroll through this fishing town and feel the air from the sea.

This course will take you through the small villages of Kitaura's fishing town. You'll be able to walk down a maze-like road while viewing osmanthus flowers, one of Japan's protected national plants. Along this trail, statues of Jizo, the guardian deity of children, and several stone towers are visible. In addition, there is a sightseeing spot nearby known as Kitaura Seaside Park.

Kitaura Area



⑧ Mikawauchi Course

Distance: **About 5 km** Time required: **90min**

Explore this charming area!

Experience the charm of the Mikawauchi area, from rice cultivation to tea and lumber, charcoal, raw shiitake cultivation, and more. You can see the unexpected side of this fishing town. There are also plenty of cultural assets, like 130-year-old cherry trees and the bell of the Kokuji Buddhist temple.

Shimanoura Area



⑨ Shimanoura Course

Distance: **About 5 to 8.3 km** Time required: **120 to 210min**

Take a stroll on an isolated island.

A high-speed ferry will take you from Nobeoka's Urashiro Port to Shimanoura Island in 10 minutes. Because people have been fishing around Shimanoura Island since old times, it was once called the "Island of Dancing Sardines." Walk around an old labyrinth-like village, enjoy the spectacular scenery from Mount Tonba, and visit 33 Kanon statues. Many cats will welcome you on the island and maybe even heal your spirit!

Futatsujima Area



⑩ Futatsujima Course

Distance: **About 4.5 km** Time required: **90min**

Visit a peaceful rural area and a riverside forest.

This easy course starts at "River Pal Gokase River" and leads through the village area of Futatsujima, consisting of the Terajima and Kojima area. You can experience the rich ecology of the Tomouchi River, known for its tideland and riverside forest. In this area, endangered flower species, such as the Hamabo Hibiscus ("hardy yellow hibiscus"), can be observed.

Urban Area



⑪ Urban Area Course

Distance: **About 4 to 6.2 km** Time required: **70 to 120min**

Enjoy an old castle town between rivers.

The urban area of Nobeoka used to be a castle town in the Nobeoka domain. The center of this area is located between the Gokase River and the Ose River. The course starts at Nobeoka Station and leads through a temple area, shopping streets around Mt. Imayama, and the Kawanaka district. Japan's largest statue of Kobo Daishi is located at Mt. Imayama. In the Kawanaka district, you can find traces of the old castle town.

Urban Area



⑫ Totoro Course

Distance: **About 4 km** Time required: **90min**

Feel the ocean breeze as you stroll through this fishing town.

Located in the southern part of Nobeoka City, the Totoro area—spanning the towns of Myoken, Kushitsu, Taina, and Akamizu—has flourished as a fishing town for many years. Enjoy the scenery of the bay or take a walk through the maze-like villages. Stopping by the Myoken Tidelands, the largest tidelands in the prefecture, is also recommended.

Bicycle



Follow the traffic rules and show consideration to locals.

- * In general, bicyclists need to use the road instead of the sidewalk. * Keep to the left side on the road.
- * Give way to pedestrians and ride slowly on the right side when riding on a sidewalk. * Follow the traffic rules.
- * Wear a helmet. * Follow the speed limit for your safety. * Turn on the light at night. * Be careful of pedestrians on narrow roads.
- * Biking after drinking alcohol, having two people on a bike, and biking side-by-side is not allowed. * Follow the traffic signs.
- * Stop and check for traffic at intersections. * Holding an umbrella or using a phone while biking is not allowed.
- * Must have a bike insurance to rent a bike. * Riders can apply for insurance on the same day.

Bicycle Rental

Place: Nobeoka City Civic Collaboration City Development Center ("Machizukuri Center")
Business Hours: 9:00-17:00

Fee:

Cross Bike: 2,000 yen

Mountain Bike: 2,000 yen

Electric Bike: 4,000 yen

Participants must be over 15 years old and able to ride safely.
Children under 15 must be accompanied by someone over 15.
Identification is required.

- ★ Guide Plan (Rental fee is not included)
Up to 2 people 4,000 yen/day per person
3 people or more 5,000 yen/day per person
(Additional cost covers second guide.)

☎ 0982-29-3835

NPO Himuka
Impressive World Experience



① Kawanaka Course

Time required: About 60min Distance: About 10 km
Max elevation gain: About 13m

This course goes around the western part of the Kawanaka district between Nobeoka's Gokase and the Ose Rivers that are synonymous to Nobeoka. The roads along the rivers, which were developed by the Ministry of Land, Infrastructure, Transport, and Tourism, are flat and easy to ride on without being crowded by other vehicles. The embankment on the side of the Gokase River is called "Konohana Road," and in February the Tengaichi Himuka cherry trees and one million canola flowers welcome you. In autumn, the course departure and return point by the Ose River in front of the Kawamachi Community Center also features the "Nobeoka Ayu Yana" the longest Ayu fish trap in Japan.



② Houzai Course

Time required: About 60min Distance: About 14 km
Max elevation gain: About 18m

This course follows the natural tide barrier of Nagahama and Hozai beaches down the road dividing the Ose and Gokase rivers. It starts and ends at Nobeoka City Hall and goes through Nobeoka City's southern urban area. You can enjoy the scenery of this riverside town, as well as see the huge chimneys of Asahi Kasei, a symbol of Nobeoka's manufacturing significance. You can also stop by the prefecture's sole sake refinery or a park displaying a steam locomotive that played a part in the period of rapid development following World War II.



③ Futatsujima Course

Time required: About 90min Distance: About 5.6 km
Max elevation gain: About 15m

Downstream Kitagawa River, you can take a relaxing tour of Futatsujima, starting from the "River Pal Gokase River." While walking by the embankment surrounding the Terajima and Kojima Villages, you can experience the rich ecosystem while walking on the wooden deck on the Tomouchi River, known for its tideland and riverside forest.



④ Kitagawa Course

Time required: About 4 hours Distance: About 13.5 km
Max elevation gain: About 155m

Starting and ending at Kitagawa Hayuma Roadside Stop this course takes you on a tour of Kitagawa's treasures. You'll enjoy the scenery of quiet fields and the lush Eda and Kawasaki wetlands which are home to several endangered species. You will also see the Takamori Saigo Memorial Hall which marks where Takamori Saigo held his final war council and a place that is thought to be the grave of the deity Ninigi-no-mikoto.



⑤ Botanical Gardens, Kitakata and Misato Course

Time required: About 3 hours Distance: About 38 km
Max elevation gain: About 150m

Starting from the Nobeoka Botanical Gardens, this course allows you to enjoy the scenery along the pristine flowing waters of the Gokase River. On the way you can visit the neighboring Kokurogi Village in the Kitago area of Misato. There is little traffic on the prefectural roads along the river, allowing you to be refreshed by the pleasant river breeze. In the Kokurogi Village, you can enjoy lunch made with several local agricultural products.



⑥ Hayahito Course

Time required: About 3 hours Distance: About 9.3 km
Max elevation gain: About 159m

Starting and ending at Kitakata Yocchimiroya Roadside Stop, this course takes you around the Hayahito agricultural area. There are many historical sights along the route. One is the beautiful Hayahito Shrine which is said to be the place where Nigihayami-no-mikoto came down from heaven. Another is Utsugi Shrine, where a dance using usudaiko drums is performed for the gods. You can also see the remains of the old Takachiho rail line.



⑦ Kitakata Soki Course

Time required: About 2 hours Distance: About 7.6 km
Max elevation gain: About 81m

This course will take you around the northern side of the Kitakata-Nobeoka IC and the Aratani Area. Participants can see the countryside, tea fields, and the remains of an old road connecting Kumamoto to Miyazaki. This course also features a unique police station and a waterfall famous for being a secret meeting place for monks who wanted to overthrow the Edo Period shogunate.



⑧ Hourigawa Course

Time required: About 4 hours 30min Distance: About 54.3 km
Max elevation gain: About 350m

This long course runs along the clear stream of the Houri River, one of the most pristine streams in Nobeoka. According to Japanese mythology, the deity Houri-no-mikoto bathed in this river as a baby. While enjoying a relaxing ride, you can see two dams named Houri Dam and Hamago Dam as well as sparkling water. At the turning point of the course, you can take a rest at Houri River Hot Spring "Bijin-no-yu" or Sato Shochu Distillery. Spring and autumn are recommended seasons to enjoy viewing cherry blossoms or autumn leaves, respectively.



⑨ Nippo Coast Course

Time required: About 4 hours Distance: About 48 km
Max elevation gain: About 150m

On this course, you can view the horizon from anywhere while you cycle. The trail will take you by Sumie Beach, voted one of "The Best 100 Swimming Spots" in Japan. You can enjoy a variety of landscapes on this course, including the Sun Beach Sumie Bridge.

Around the port area, please ride safely and show consideration to locals.



⑩ Kitaura Course

Time required: About 2 hours Distance: About 15.8 km
Max elevation gain: About 14m

Starting at Kitaura Roadside Stop, this course leads you on a relaxing tour of beautiful sights, such as Kitaura Port and Shimo Aso Beach, which was the only beach in Kyushu to be chosen as one of "The Best 100 Swimming Spots" throughout Japan. The road along the coast has very little car traffic and in the spring, cherry trees along the road will welcome you in full bloom. You can buy souvenirs and local products, enjoy a meal, and take a break at Kitaura Roadside Stop or Kitaura Seaside Park.
Around the port area, please ride safely and show consideration to locals.





Sign for Heart Rate Checkpoint

Nobeoka "Cure" Road

Improve your health and longevity while walking around Nobeoka City
Certified as a "Health Resort Walking Course"



This walking course was inspired by the German standard of using the therapeutic climate of places for treatment, which is usually found in German health resorts. In Germany, these places are called "Kurort," which literally means "cure place." The slope, surface, and safety of this "Cure Road" have been improved to match the Japanese environment and climate. The course was also certified by the Japan Kurort Laboratory, Inc.

As of 2020, there are 21 registered "Kurort" areas throughout Japan. The course in Nobeoka City was awarded a health walking award by Taiyo Life Insurance in 2017.

Nobe☆Star staff who are certified as "Kurort" guides will show you around.

Sumie Course 2.53km



Enjoy both the sea and the mountains!

Walk through the Beach Forest Sumie, a forest recreation facility, and along the coast of Sumie Beach. This beach is recognized as one of the Top 100 swimming beaches in Japan!

Kanadoga Pond Course 1.79km



A place loved by residents.

Stroll around Kanadoga Pond, which is located in the Nishishina General Athletic Park, a place valued by the nearby residents. The natural path goes up and down and leads to an observation deck, which offers a superb view of the urban area.

Nobe☆Star "Educational Trip"

Various outdoor experience programs and nature conservation activities produced by Nobe☆Star not only foster children's interest about nature but also nurture independence, cooperativeness, social skills, creativity and patience. These programs and activities will support wide-ranging growth and are an opportunity to develop life skills.

Nobe☆Star provides many educational trips to various locations such as the Nobeoka Castle Ruins, Shiroyama Park, Takamori Saigo Memorial Hall, as well as spots based on Japanese mythology and trips to learn about the manufacturing and industrial heritage of the East Kyushu area.

Nobe☆Star collaborates with local associations to provide accommodation and lodging for multi-day trips.

These enriching experiences can only be found in Nobeoka.

Each program addresses the Sustainable Development Goals (SDGs) as defined by the United Nations.

These are great opportunities to raise children's awareness of global problems.

SUSTAINABLE DEVELOPMENT GOALS



Safety is ensured even in the case of unexpected problems!

All tours by Nobe☆Star sufficiently consider security measures in case of unexpected problems. Thus, all guides have taken first aid training and are obliged to bring AED (automated external defibrillator) to each activity site.



Try high-quality Japanese catered BBQ

Nobe☆Star will be in charge of all preparations, including ingredients and necessary equipment, as well as cleaning afterwards.

Many food products from the Nobeoka City area are considered countrywide "top-level" products, including Miyazaki beef (First place winner in the National Competitive Exhibition of Wagyu for two consecutive years) and Hideji Beer (W Gold Prize winner in two major domestic craft beer competitions). Furthermore, Gokase River has a national top rank due to its water quality and having the largest habitat of Osuribachi coral in Japan, which can be found in Nobeoka.

Fee: 4,400 yen/person (tax included)
* 4,000 yen when booked with one of the tours. * min. 4 persons

★Details about the BBQ set: Miyazaki beef galbi (A4 grade), Miyazaki brand pork, Miyazaki chicken, sausages, grilled rice balls, various grilled vegetables, cooked shiitake, soft drinks, plates and tools, including BBQ grills and coal ★Optional: Miyazaki Hideji Beer Taiyo no Lager ("Sun Lager"), 10 Liter draft barrel for 10,000 yen (tax included) or 550 yen/bottle (tax included)

*This picture is for illustration purposes only and may not be an exact representation of the product.



NPO Himuka Impressive World Experience

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