

METROPOLISマガジン 掲載実績

掲載実績 / 延岡市 2024

STYLE

NOBEOKA / METROPOLIS



NOBEOKA
Kyushu's Undiscovered Seaside Jewel
TRAVEL TO THIS LITTLE-KNOWN CITY ON THE EAST COAST OF KYUSHU TO EXPERIENCE NATURE, CULTURE, AND DELICIOUS LOCAL FOOD

BY TREVOR KEW

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SPRING 2024

almost unknown to international tourists but is beset with stunning natural beauty in the form of steep, rocky peaks, lush forests and crystal clear rivers and seas. Located centrally on the coast, the little seaside city of Nobeoka is an ideal base for exploring the varied landscapes of the region while discovering the local culture, history and food.

Nobeoka: In Harmony with Nature

Nobeoka is the local reverence for nature in Nobeoka more obvious, or photographic, than the unique local sake and rice. In Japan, torii are traditionally used to mark the boundary between the human realm and that of the kami, local gods or spirits, and as such, they are often placed in locations of particularly distinctive natural beauty. One of just four blue torii in all of Japan, the one at Minato Shrine stands at the confluence of three rivers as they flow into coastal estuaries at the edge of the Pacific Ocean. The shrine itself, dedicated to the kami of the sea, has long been the local site of prayers from the families of fishermen and seafarers. The shade of blue used to paint the torii is even the same as that used for the interior hulls of small local boats.

The coast near Nobeoka boasts several fine beaches – some sandy, some rocky – that offer delights to adventure seekers both above and below the waves. The visitors just off Minato (20 minutes by car from downtown Nobeoka) are rewarded by snorkelers and scuba divers for their colorful coral and schools of fish, while the waves that break on the Miyazaki shores provide some of the best surfing in all of Japan. Those who prefer to view the ocean from dry land will find plenty of scenic, accessible hikes and cycling routes nearby. If fishing sounds appealing, there are countless places along the coast to stop and cast a line.

Venturing away from the coast into the interior, the land soon rises up into a rugged wilderness of old-growth forests, waterfalls and mountains. The Iriomote Sebe, Kotamuki and Ogas Bloopers Reserves, which stretches all the way from the edges of Nobeoka up towards Takachiho and beyond offers endless opportunities for outdoor enthusiasts and nature lovers to explore the area through everything from relaxing nature walks and bird-watching opportunities to more active pursuits such as hiking and rock climbing. Local wildlife such as deer, monkeys and the Japanese serow, a species of mountain goat that looks like an antelope) can be seen throughout the region.

The gorgeous village of Chayama (‘The Noonmare’) is the perfect place for a leisurely stroll between fields growing green tea amidst gorgeous mountain scenery. A visit to the breathtaking Mutakabai Falls is well

worth the short hike required (40 minutes) with another hour-long climb providing views back down over the waterfalls from the twin peaks of Mt. Mutakabai. More ambitious mountaineers and rock climbers can head for Mt. Hoko (1227 m), a climb of about 3-4 hours (round trip), or Mt. Ochi (1544), which takes 10 hours (round trip) and is recognized as one of the most strenuous mountains in Kyushu to climb. Be sure to carry proper hiking equipment and clothing when hiking in the mountains, and consider employing a local guide. Camping is also available in season at sites such as the Shishi River Campground near Mt. Hoko.

The pristine mountain streams of the Bloopers Reserve that flow through old-growth forests are famed for both the clarity and vivid hues of their waters, and are popular among canoeists. Kayakers and stand-up paddleboarders (SUP). The Kogawa River, perfect for boating beginners due to its gentle current, has water so clear that one can count the pebbles on the river bottom while also watching schools of ayu and red swim by. Another famous place to rent small watercraft, albeit slightly further afield, is Takachiho Gorge, where visitors do their best to maneuver small rowboats around one another to gaze up at water cascading down the sheer walls of the gorge into the clear azure river below.

While there are many companies in Nobeoka that provide equipment and guides for outdoor activities, Nobeoka is probably the best known local outfitter due to its range of activities and ability to assist English speakers. Among its many services, Nebestar offers a mix of surfing and kayak experiences, along with rentals of good quality bicycles, fishing gear, and equipment for rock climbing and hiking. Support guides can also be hired that will cater to all different fitness levels and ranges of experience. And Nebestar is a great option for travelers without vehicles, as they can provide pickup and transport service to a region where public transportation is extremely limited.

Along with its own charms, Nobeoka makes a great jumping-off point for visits to Takachiho, one of Kyushu's most popular locations for Japanese tourists. But still relatively unknown to visitors from overseas due to its association with myths about the creation of Japan, as well as its unique geology and general natural beauty. From Takachiho, it is also possible to continue up over the top of the Aso Caldera, one of the largest volcanic craters in the world.

Nobeoka: A Treasure Trove of Delicious Local Food

The residents of Nobeoka and its surrounding areas have made the most of the region's fertile land, favorable climate,



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Travel to this little-known city on the east coast of Kyushu to experience nature, culture, and delicious local food.

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Learn more

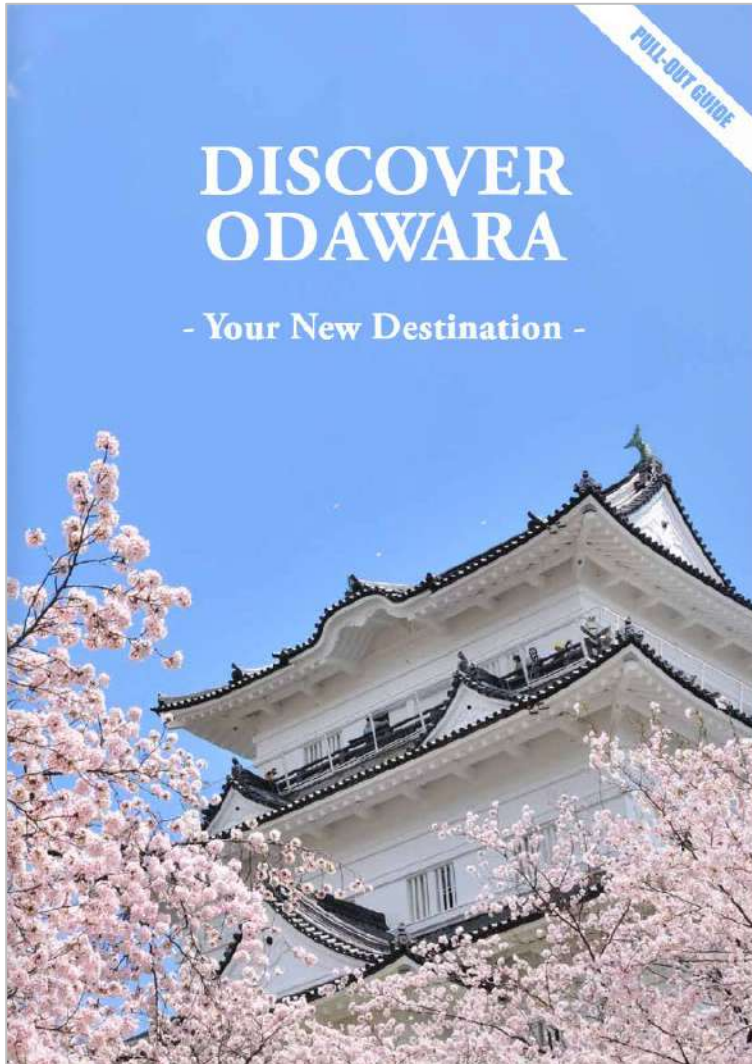
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Travel to this little-known city on the east coast...

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オンライン記事広告

SNS投稿

掲載実績 / 小田原



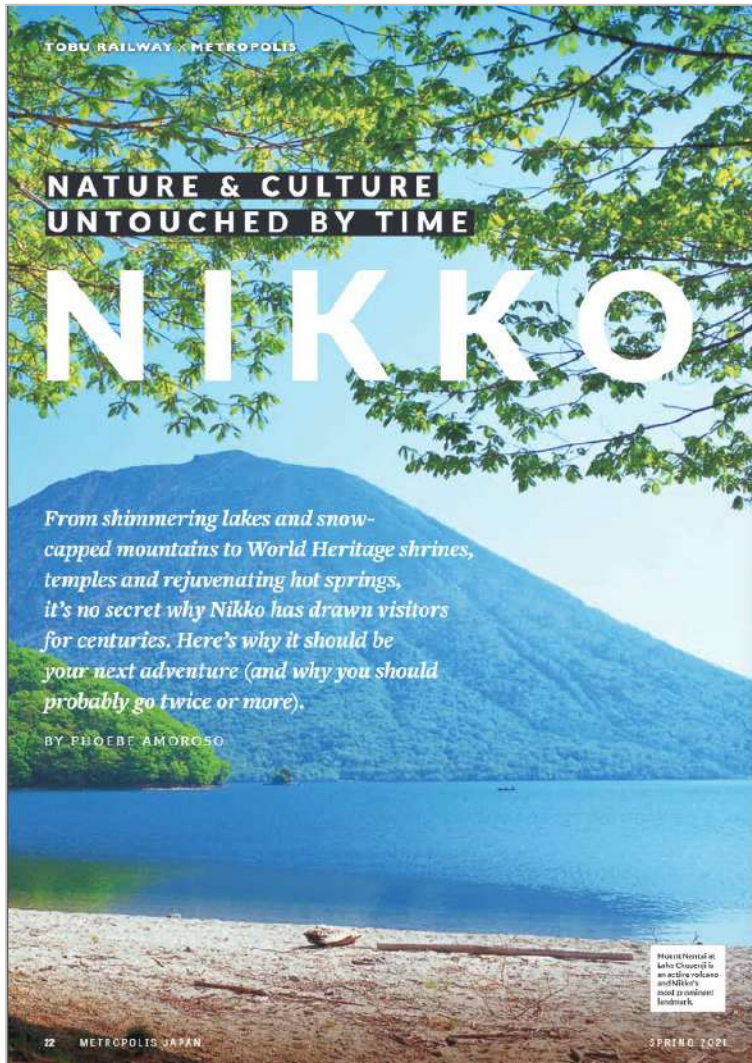
ODAWARA ACCESS GUIDE



Mode	Route	Time
Rail	Tokyo - JR Tokaido Shinkansen - Odawara	35 minutes
Shinku	Odakyu Romance Car - Odawara	30 minutes
Car	Tonei Expressway / Odawara-Atsugi Road	Approx. 1 hour

Contact:
Odawara Tourism Co., Ltd.
contact@odawaratrip.com
odawara-tour.com

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TOBU RAILWAY METROPOLIS

NATURE & CULTURE
UNTOUCHED BY TIME

NIKKO

From shimmering lakes and snow-capped mountains to World Heritage shrines, temples and rejuvenating hot springs, it's no secret why Nikko has drawn visitors for centuries. Here's why it should be your next adventure (and why you should probably go twice or more).

BY PHOEBE AMOROSO

Mount Nantai at Lake Chuzenji is an active volcano and Nikko's most prominent landmark.

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ABOUT NIKKO

Nestled among the mountains almost directly north of Tokyo, Nikko has long captivated hearts and minds with scenery so achingly beautiful that it appeals to a sense of awe and wonder. The view of the near 1,000-meter-high Kegon Falls tumbling from Lake Chuzenji at the foot of Mount Nantai seems almost too fantastical to be believed. In fact, it was an eruption of Nantai 25,000 years ago that blocked the valley, leading to the creation of Lake Chuzenji, proving that nature really does sometimes rival imagination.

The near mystic quality of the landscape may explain the area's long history of drawing Buddhist and Shinto practitioners. It gained extra significance in 1691 when Nikko Tokei-ga-abe was completed. It was to be the final resting place for Tokugawa Iyemasa, the founder and first shogun of the Tokugawa shogunate of Japan. This subsequently attracted many visitors during the Edo period (1603–1868) and thereafter.

The rich blend of culture, history and nature has established Nikko into one of Japan's top destinations that warms, liberally explains and keeps your journey at Lake Chuzenji at the border of the Nikko National Park. From there, stroll up the highest street lined with stores selling traditional crafts and local sweets until you reach the UNESCO World Heritage shrines and temples tucked among the trees.

From there, your adventure has just begun. To truly appreciate the scale of Nikko's natural beauty, ride the Tobu bus up the zig-zagging Inaba Slopes over to Dairin-ko (formally "Inner Nikko"). Famed for its fall foliage, the scenery is spectacular in any season, with the area bursting into pinks and whites when the cherry blossoms bloom in the spring. Whether you go for a gentle stroll, hike a summit, splash out onto the lake or relax in a hot spring, take your time to appreciate all this place has to offer.

THE ERUPTION OF NANTAI-SAN BLOCKED THE VALLEY AND CREATED LAKE CHUZENJI

Standing 108 meters tall, Kegon Falls is one of Japan's three major waterfalls.



23



Just about two hours from Nikko is the Toho Fall way. Caplan, Nikko Tribune travel, scenic trails

Lakes, valleys and stratovolcanoes: The diverse geological landscape of Okamiko not only provides mesmerizing views but also provides a range of different walks and hikes to suit all abilities, whether you are looking for a family outing or training for your next triathlon.

BEGINNER DISTANCE 4.5KM TIME 2 HRS 20 MIN

Senjogahara Moor Nature Research Trail
Get off the bus at Yunaki Iriguchi at the southern tip of Lake Yamanako. This is a walk framed by waterfalls, beginning at the beautiful Yunaki Falls and ending at the equally striking Byoma Falls. Much of the trail is smooth and flat, with several boardwalks, ideal for a relaxing stroll with great views over the Senjogahara Moors surrounded by mountains. It's popular with birdwatchers, and you can also see many wetland plants and flowers. One particularly charming spot is Okuhara Bridge, a wooden walkway over the Yagawa River, where tall grass-covered trees capture the image of a jungle, especially in the green summer months.

MODERATE DISTANCE 2.5KM TIME 4 HRS 12 MIN

Lake Kirikomi & Lake Karikomi Trail
Begin at Yamato Onsen, renowned for centuries for its hot springs, and pass by Chosen-ji, where you can also take a bath. From here, it's a long climb up to Kotoge Pass, which will reward you with views over Lake Yamanako. Continue on and you'll come to Lake Kirikomi – famous for orange in fall – and eventually to Karikomi (Ami), which is a dry lake surrounded by grasslands and mountains. Then it's a long descent down to Kotoku Onsen and past Kotoku Park, where oxen and horses graze in rolling green pastures (don't miss the rich milk ice cream). A note of caution: buses back from Kusouji Iriguchi and Kotoku Onsen are infrequent so check the schedule carefully.

ADVANCED ASCENT 3 HRS 20 MIN DESCENT 2 HRS 15 MIN

Mount Nantai Climbing Trail
For hikers who want to tackle mountain terrain, Mount Nantai – designated as one of Japan's 100-Japanese mountains – is a must. After all, it's only fitting to pay one's respect to the stratonovolcano that created Lake Chuzenji in the first place. The mountain is open for a half month of the year, with an opening ceremony on May 5 and closing ceremony on October 26. Before setting off, you will need to register and pay an entrance fee of 30,000 at Futatabi-jinja's Chuzenji shrine. The route involves a challenging 1,400 meters of climbing to reach the summit, and there are a few mountain huts and basic facilities along the way.

WALKS & HIKES

THE CYCLING ISSUE 23

掲載実績 / 沖縄

Be X METROPOLIS

From trekking through the primeval forests of Yanbaru to helping local coral farmers protect marine life, there's much more to enjoy in Okinawa than simply relaxing on its stunning beaches. Discover why this rich archipelago is the ideal destination for adventure-seeking Tokyoites with this guide.

DIVE INTO OKINAWA

DISCOVERING NORTHERN OKINAWA
DEEP RETREATS

A PEACEFUL WORKATION IN A PRIVATE VILLA

For a scenic and productive working retreat, Okinawa offers a range of private accommodations in secluded locations where you can set up an office while remaining close to nature. Rent an entire villa with a private garden surrounded by trees at Shimimiki Villa on the Motobu Peninsula. Each villa is fully furnished with a deluxe kitchen and outdoor barbeque, so you can shop for fresh produce at local food markets and enjoy the peace of local life.

Medieval-style traditional Okinawan minka (folk) houses, the newly built wooden buildings feature spanning contemporary architecture. The walls are entirely made of floor-to-ceiling glass, giving you a 360-degree view of your immediate surroundings and, by extension, an intimate connection with the natural environment.

Okinawa's subtropical climate makes it an ideal "workation" destination year-round. Stay focused and relax with family in a secluded villa, then enjoy outdoor activities such as trekking through the forest, exploring ancient castle ruins or cycling along quiet coastal roads.

EXPLORE RYUKYU CULTURE IN NAKIJIJIN

Built in the late 19th century, the Nakiiji Castle is one of the sites "Gosaku Site" and Related Properties in the Kingdom of Ryukyu, collectively designated as a World Cultural Heritage site.

Representing 500 years of Ryukyuan culture and history, the sprawling fortress of Nakiiji Castle is a prime example of Nonesawa, an ancient construction technique consisting of stilted walls according to their natural shape in order to lead strong walls. You can easily spend half a day exploring the ruins, walking along the far-reaching walls as you admire sweeping views of the surrounding forest and sea.

CYCLING OKINAWA'S OWN 'EDEN'

If esoteric routes are on your itinerary, consider renting a bicycle in Nago City for a refreshing ride along the coast. On the other hand, Kozu Island is a highly sought-after destination for couples due to a famous coral rock formation in the shape of a heart. The formation is also said to be the site of Okinawa's own Adam and Eve legend.

From Nago City, embark at Yagaji Island via Route 96, then continue across to Kouri Island. Completed in 2005, the two-kilometer bridge offers spectacular views of the clear turquoise water below. Once on the other side, take in a breezy tour of Kouri Island's coastline, which has a circumference of only 3 kilometers.

HIKE THE PRIMEVAL FORESTS OF YANBARU

A mountainous region in northern Okinawa, Yanbaru is home to primeval forests and rare native species. Among its endemic suboceanic flora are epiphytic ferns that grow in totally selfless conditions, being 100% cyanide-tolerant, plants, giant yamans, evergreen lily and the famous towering Okinawa Uratogashi tree on Mount Ibukae.

Endemic species of fauna include the iconic Okinawa rail, Okinawa woodpecker, Kuroira robin, Ryukyu long-haired rat and the Ryukyu black-breasted leaf turtle. Hike Mount Yonabaru, admire spectacular views from limestone cliffs overlooking Shoya Bay or follow a scenic trail leading to the 20-meter tall Hijii Caves Falls.

"LONGEVITY FOOD" IN OGIMI

Okinawa holds a special title as one of the world's five "Blue Zones" of longevity, where more than a thousand centenarians are still living healthy, happy lives. These agrarian islands, surrounded by peaceful and abundant nature, participate in a healthy and supportive community, and—most importantly—they eat a healthy diet.

Former nutritionist and chef Eniko Kirijo was fascinated in particular by the locally vegetable-based diet of the village grandmothers and the naturally medicinal properties of local seasonal ingredients. So much so that she opened her own farm-to-table restaurant, Onna no Miso in Ogimi, to share the culture of Okinawa's "longevity cooking" with visitors.

By eating locally grown food, you can experience a fundamental part of Okinawa's traditionally healthy lifestyle while contributing to preserving the food culture.

As a responsible traveler, you can also play a role in the prevention of reef destruction by not touching living coral in the sea, using coral-friendly sun products, and spreading awareness about protecting the reefs.

TAKETOMI ISLAND CULTURE

In 1969, the residents of Taketomi, in the Yaeyama Islands, stood up to save their island from uncontrolled development by drafting the Taketomi Island Charter. The comprehensive charter encompassed many issues, ranging from land ownership and preservation to the usage of local produce and materials to make souvenirs.

As the young and youthful Okinawans work to preserve their culture and traditions, there are endless ways you can join the trend towards sustainability and explore the unique aspects of Ryukyu culture.

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カタログ制作実績

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G20 ST. PETERSBURG SUMMIT

On September 5, Prime Minister Shinzo Abe, who visited the Russian Federation to attend the G20 St. Petersburg Summit, held talks in the morning with Ms. Dilma Vana Rousseff, President of the Federative Republic of Brazil, and Ms. Cristina Fernandez de Kirchner, President of the Argentine Republic.

In the afternoon, Prime Minister Abe held talks with Mr. Vladimir Vladimirovich



Left: Prime Minister Abe with President Barack Obama at G20 St. Petersburg
Right: Prime Minister Abe with President Vladimir Putin at G20 St. Petersburg

Putin, President of the Russian Federation, and Mr. Barack Obama, President of the United

States, following which the Prime Minister attended the first working meeting of the G20.

TOKYO ELECTED AS THE HOST CITY OF THE OLYMPIC GAMES IN 2020

On September 8, at the 125th International Olympic Committee (IOC) Session held in Buenos Aires in Argentina, Tokyo was elected as the host city of the 32nd Olympic Games and the 16th Paralympic Games.

Prime minister Abe gave a presentation in this session. "Distinguished members of the IOC, I say that choosing Tokyo 2020 means choosing a new, powerful booster for the Olympic Movement.

Under our new plan, 'Sport for Tomorrow,' young Japanese will go out into the world in even larger numbers. They will help build schools, bring in equipment, and create sports education programs. And by the time the Olympic torch reaches Tokyo in 2020, they will bring the joy of sports directly to ten million people in over one hundred countries.

Choose Tokyo today and you choose a nation that is a passionate, proud, and a strong believer in the Olympic



The 125th IOC Session in Buenos Aires in Argentina

Movement. And which strongly desires to work together with the IOC in order to make the world a better place through the power of sport.

We are ready to work with you. Thank you very much. "

Photographs courtesy of the Public Relations Office of the Government of Japan.
Text courtesy of the Ministry of Foreign Affairs of Japan website.

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Feature MOUNT FUJI



The Great Wave,
Hokusai, c.1829-32

It is a grand scene beyond all description. It was covered in snow. In the shining of the sun, it looked like frozen silver. I even thought that its awe-inspiring, lofty form was yet more inspiring than that of the famous Dhaulagiri in the Himalayas, which I saw in January 1855.

- Townsend Harris (1804-1878)-
First United States Consul to Japan

Below: Red Fuji,
Southern Wind, Clear
Morning, Hokusai,
c.1830



Left: The Sea off
Satta, Hiroshige,
c.1858



Right: The Sea Off
Miura, Hiroshige, c.1858

**"ALONE IN ITS UNION OF GRACE AND MAJESTY":
MOUNT FUJI IN ART AND CULTURE**

ROGER D. SMITH

MOUNT FUJI and its environs have inspired Japanese and foreigners alike across the ages and reflects upon the universal spirit of these artists and poets. One criterion required for UNESCO inscription is that Mt. Fuji must reflect outstanding universal values as a source of artistic inspiration. Since the earliest portrayal of Mt. Fuji in Japan's oldest written poetry anthology *Man'yōshū* (Collection of a Thousand Leaves) and oldest story *Taketori Monogatari* (The

Tale of the Bamboo Cutter), the magnificent form of Mt. Fuji has inspired Japanese and foreigners alike across the ages and reflects upon the universal spirit of these artists and poets.

One of the first depictions of Mt. Fuji can be found in the *Man'yōshū*, an anthology of 4516 *waka* poems dating back to the 7th and 8th Centuries. "*Tago no ura yu/ uchidete mireba/ Mashironi so/ Fuji no takane ni/ Yuki wa furikeru*" (Passing through Tago Bay and coming to a clearing, I

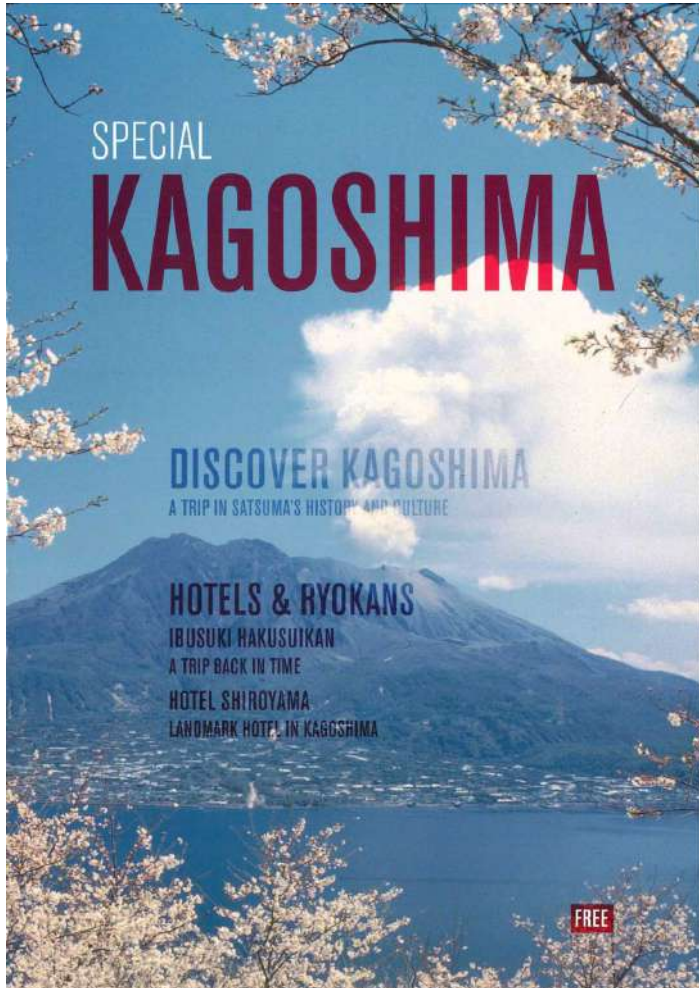
see snow falling, pure white, on Fuji's lofty peak). Other *waka* eulogize Mt. Fuji as a divine peak that has stood "since the parting of heaven and earth." Around this time, the image of Mt. Fuji began to appear in paintings, including the oldest example of an illustration on a paper screen from *Shōtoku Taishi Eden* (The Illustrated Biography of Prince Shōtoku) dating from the Heian period (794-1185).

When the political center of Japan shifted from Kyoto to

Kamakura (Kanagawa Prefecture) in the latter half of the 12th Century, more people began to traverse the road linking the capital cities that ran to the south of Mt. Fuji. Hereafter, large numbers of people, including travelers and artists, began to record their impressions of Mt. Fuji and it consequently acquired an even greater symbolic meaning in the Japanese consciousness.

From the 14th Century onward, Mt. Fuji became a popular motif in painting, literature, crafts,

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RYOKAN
Ibusuki Hakusuiikan

IBUSUKI HAKUSUIKAN A TRIP BACK IN TIME

A room hot spring spot for both Japanese and foreigners alike, the Ibusuki Hakusuiikan in Kagoshima is a luxurious ryokan with a long history. This year, it celebrates its 70th anniversary. With a 30% increase in visitors from outside Japan, about 80% of the rooms are occupied throughout the year.

Mr. Takahisa Shimozakiham, representative of the ryokan, talking about celebrating 70 years of existence, stated, "We would like to welcome you and offer you the hospitality we are known for. Hakusuiikan is a place of beauty and peace."

Nariakira Shimazu and Takamasa Saigo who were well known during the Edo and Meiji eras were both Kagoshima natives. The Satsuma Densetsukan is a museum, which displays more than 1,000 historical artifacts from this period as well as pieces from foreign

RYOKAN
Ibusuki Hakusuiikan

countries, drawing the attention of people from around the world.

Equipped with more than 2,300 square meters of lodging space, the "Gomuroku-furo," an sand bath and outdoor hot spring bath are all you need to unwind and relax. After enjoying a variety of dinner courses with seasonal ingredients, from kaiseki (Japanese multi-course haori cuisine) to western style cuisine, a stroll in the beautiful Japanese garden with giant pine trees, facing the Kagoshima bay is a nice way to end the night. Each room is designed with a touch of Japanese traditional designs.

Renovation is currently ongoing in preparation for the ryokan's Platinum Jubilee to welcome even more guests from around the world.

The deluxe world of Ibusuki Hakusuiikan is open to everyone looking to enjoy serenity, nature and the history and beauty of Japan.

www.hakusuiikan.co.jp

GETTING THERE

BY PLANE 11 hours

TOKYO → OSAKA

KAGOSHIMA AIRPORT

IBUSUKI STATION

IBUSUKI HAKUSUIIKAN

BY TRAIN 8 hours

TOKYO → SHIN-OSAKA → HAKATA STATION → KAGOSHIMA CHŪDŌ STATION → IBUSUKI STATION

IBUSUKI HAKUSUIIKAN

BY FERRY 18 hours

OSAKA → SHIBUSHI PORT → KAGOSHIMA CITY → IBUSUKI HAKUSUIIKAN

NOTES Satsuma Densetsukan is a history museum in Kagoshima and Japan with collections from the Edo and Meiji periods.

CRUISER Cruise from Hakusuiikan

NOTE Sand baths to help ease your fatigue.

CRUISER Cruise from Hakusuiikan

THE TRIP OF SATSUMA KASAIKI-NO-UCHIWA

Kasaike is a traditional and ultimate style of Japanese food and both the preparation methods and appearance are refined. Including dishes with a seasonal feel and bringing out the natural flavor of the ingredients are very important parts of this style of cuisine.

The kasai characters literally mean "onion-packet stove", an idea that came from the practice in which men monks would put to wind off tangue by putting warm stones in the front folds of their clothes near their stomachs. Before this the kasai referred to cuisine made for a get-together.

Kasai consists of a bowl of miso soup and three side dishes, although this has evolved to include an appetizer, a simmered dish, a grilled dish and a steamed course. This style of cuisine is believed to have inspired some aspects of suwabe cuisine.

Address: 17108-12 Kagoshima, Ibusuki-shi, Kagoshima 891-0404, Japan
Website: www.hakusuiikan.co.jp
Reservation: +81-(0)992-22-3131

www.hakusuiikan.co.jp