

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!



At the summit of the Otake Peak of Mt. Mukabaki. When the weather is also perfect, it makes for a great feeling!



Paying a visit to Mukabaki Shrine. "I hope we will have a great hike today!"

Great mountaintop views and some of Japan's best waterfalls

Kyushu Nature Trail - Miyazaki Course

Mt. Mukabaki

in Nobeoka City

Heading for the cliff-face summit

Mt. Mukabaki skirts the northwest edge of Nobeoka City. The Mt. Mukabaki Course starts at Mukabaki Shrine at the mountain's base, and continues for 4 kilometers (taking about 2 hours) to reach the Otake Peak at an elevation of 829.9 meters.

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



Mt. Mukabaki is about a 30-minute drive by car from downtown Nobeoka. The mountain has two rocky summits, the Otake Peak and the Medake Peak, and has seemingly-impassable sheer cliff walls which give it an imposing aura. You may give the mountain one glance and wonder how it could be climbed, but actually this mountain is easy to climb, even by children.

After paying your respects at Mukabaki Shrine to wish for a safe journey, you set off from the trailhead invigorated by the crisp, clean mountain air. Soon you will pass by pines over 300 years old and giant boulders over 3 meters high.

Mt. Mukabaki is composed mainly of granite, so most of the first half of the course is like a natural rock staircase. The climb continues up until the pass, making this portion of the hike rather tough. You can see why some people come here for physical training.

After the 3rd station, you will cross a large bridge. This bridge is called "Takimi (waterfall-watching) Bridge", and from it you can clearly see Mukabaki

Falls, which flows down between the Otake and Medake Peaks of the mountain. After the 4th station, the trail branches off to a waterfall. While the waterfall can also be visited on the return journey, you can also go look at it upon your ascent.

It takes about 5 minutes from the main trail to the waterfall. Mukabaki Falls is a famous waterfall designated as one of Japan's top 100 falls, and falls from a height of 76.6 meters. On days when the flow of water is small, you can stand right under where the water flows out from between the rocks above and look up at it.

After viewing the waterfall, it's time to return to the main trail and head for the summit. Up until the 6th station, the trail is strewn with boulders and rocks. The cliff wall of Medake Peak is in front of you here. It is a great place to shout out and hear the echo of your voice. Try shouting out from deep in your belly: "Helloo!" The trick is in not calling out too long, so you can hear your own echoes after. Your voice will bounce back and forth between Otake and Medake Peaks many times.



It's a clear autumn day without a cloud in the sky. The greenery around you and the waterfall's negative-ion charged air will refresh you.

Walking through an ever-changing landscape

The mountain pass appears before you shortly after the 6th station. The trail here becomes gentler, and there are less rocks scattered about. After you cross over the mountain stream that leads to Mukabaki Falls, the scenery changes from a rocky and rough one to a quiet evergreen forest. It is almost as if you have come to a different mountain. Refreshed and bathed in the sunlight filtering through the trees, you can proceed at a brisk pace.

The trail gets steeper as you approach the summit. But this is what makes for a proper hike. "This is what hiking is all about", you tell yourself as you clamber up the last slope. There is a certain pleasure in realizing you are now standing at that high-up point on top of the cliffs you gazed up at from the foot of the mountain.

On your return, you can stop for a rest at an open field near a mountain stream by taking a short detour onto the "Kenmin no Mori Course". This course makes for a great day on Mt. Mukabaki, with so much to see.



The first half of the course is strewn with huge boulders. You can feel the power of nature all around you.



A simple rice ball at the summit becomes the most delicious reward for your efforts!



Follow along the Mukabaki River upstream to the Kenmin no Mori ("People's Forest"). Mt. Mukabaki offers a variety of landscapes for you to enjoy.

Nearby points of interest

1 Mukabaki Shrine

This ancient shrine lies at the foot of Mt. Mukabaki. The history of this shrine began in the year 718 with the enshrinement of the gods of the 3 Kumano shrines from Japan's former Kii Province. Points of interest include a pair of 300-year old great pines and the engravings around the shrine.

▲741 Mukabaki Town, Nobeoka City
☎0982-29-2155
🏠Nobeoka Tourism Association

2 Shishigawa Valley

This valley was created by waters eroding away the granite rock of the mountain. In the spring and summer, you can relax in the cool forest shade and go down a natural water slide created by slabs of rock. Dazzling colors await you in the fall. Each season brings something new to experience.

▲Kamishishigawa, Kitakata Town, Nobeoka City
☎0982-29-2155
🏠Nobeoka Tourism Association

3 Shimo-aso Beach

Designated by the Ministry of Environment as one of Japan's top 100 recreational bodies of water, this beach has the cleanest and clearest waters in all of Kyushu. A campground, roadside station local goods shop, and restaurant are nearby.

[Roadside Station]
▲3337-1 Furue, Kita-ura Town, Nobeoka City
🕒None (except New Year's holidays) 09:00-18:00
☎0982-45-3811

4 Mukabaki Youth Nature Center

This nature center is located in the untouched natural forests at the foot of Mt. Mukabaki. It is a base for outdoor activities such as hiking and enjoying the nearby streams. It is used by schools for events, but it can also be used by families and other groups.

▲760-3 Mukabaki Town, Nobeoka City
☎0982-38-0272

5 Mt. Atago

This 251-meter mountain is at the heart of Nobeoka. You can overlook the town from an observation point close to the summit, and the night view from there has been designated as Japan's only "National Night View Heritage".

☎0982-29-2155
(Nobeoka Tourism Association)

6 Hourigawa Onsen - Bijin no Yu Hot Springs

This is a natural hot spring at the foot of Mt. Okue, which is part of the Sobo-katamuki National Park along with Mt. Mukabaki. You can enjoy the hot springs while taking in grand mountain views.

▲10358-10 Kawachimyo, Kitagawa Town, Nobeoka City
🕒Thursdays (except for holidays)
10:00 - 20:00 (18:00 Mon.-Fri., except for days before holidays) ☎0982-23-3080

Address: ▲ Days closed: C Hours of operation: 🕒



Kyushu NatureTrail

[Miyazaki Course]



2 Mt. Mukabaki Course (Nobeoka City)

INFORMATION

Transportation Access

• It is about 30 minutes by car from downtown Nobeoka to the Mt. Mukabaki trailhead.

Emergency Contact Information

• Nobeoka Police Department Station ☎0982-22-0110
Emergencies:110
• Nobeoka Fire Department Station ☎0982-33-3327
Emergencies:119
• Mukabaki Youth Nature Center ☎0982-38-0272

Train/Bus

• JR Nobeoka Station ☎0982-35-8260
• Nobeoka Bus Center ☎0982-32-3341

*Take a bus from the Nobeoka Bus Center in front of JR Nobeoka Station for the Mt. Mukabaki Trailhead. 2 to 3 buses run each day.

Contact Information

• Miyazaki Natural Environment Division ☎0985-44-2624
• Nobeoka City Urban Planning Division ☎0982-22-7022
• Mukabaki Youth Nature Center ☎0982-38-0272

Issued by: Miyazaki Natural Environment Division
2-10-1 Tachibana-dori Higashi, Miyazaki City ☎0985-44-2624
Planning and production: Miyazaki Minami Printing Co.
350-1 Tayoshi, Oaza, Miyazaki City ☎0985-51-2745

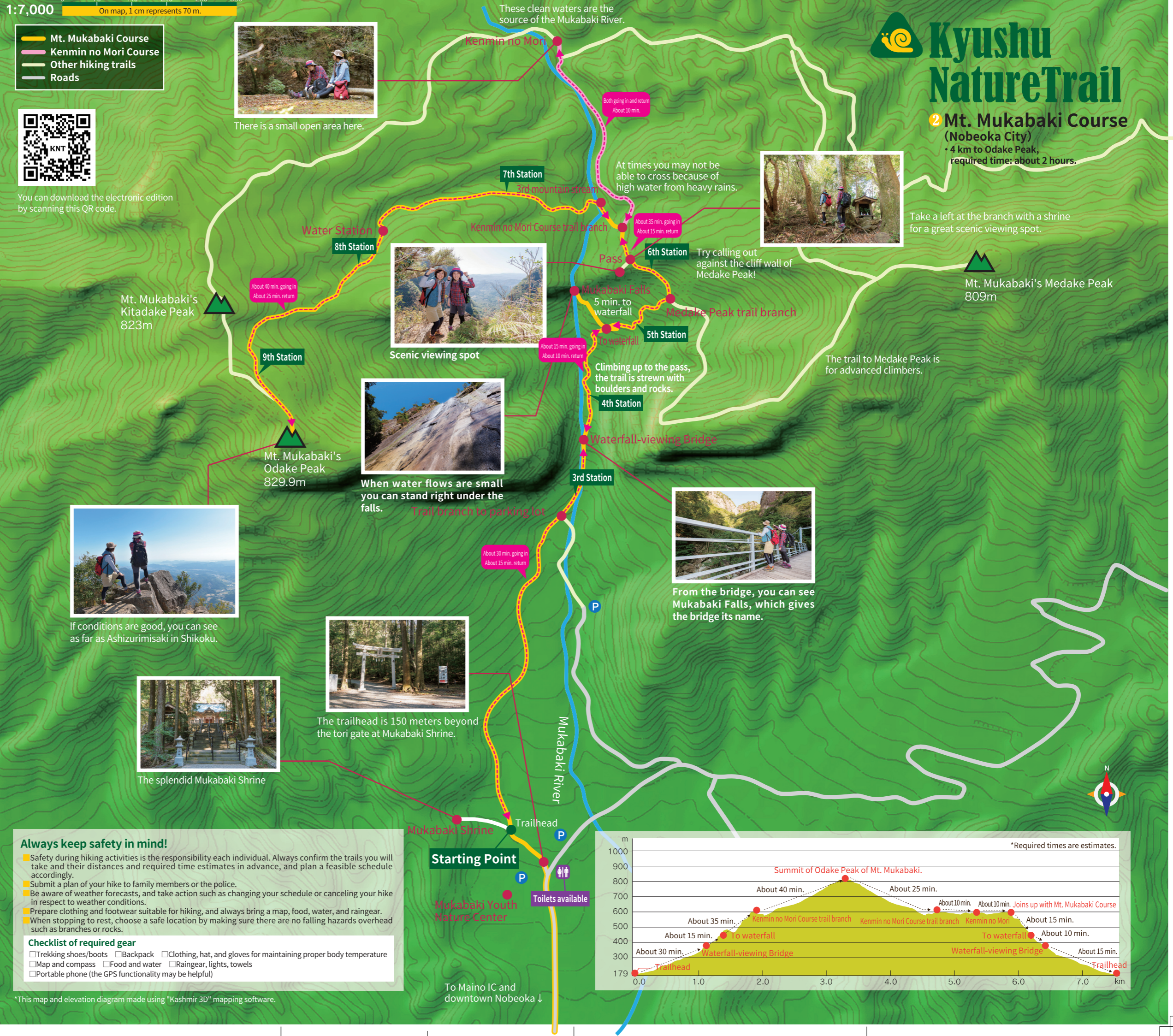
Published March, 2016

1:7,000 On map, 1 cm represents 70 m.

- Mt. Mukabaki Course
- Kenmin no Mori Course
- Other hiking trails
- Roads



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



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)

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