

Access guide

Fukuoka Airport		
Subway 5 min	Subway 5 min	Subway 11 min
JR Hakata Station	Hakata Station Bus Terminal	Tenjin
Limited Express 1 h 45 min	Express Bus 2 h 20 min	Nishitetsu Fukuoka (Tenjin) Station
JR Isahaya Station		Limited Express 1 h
		Nishitetsu Omuta Station
Isahaya Station	Omuta Station Front	
	Nishitetsu Bus 10 min (4 buses a day)	
Shimatetsu Bus 1 h 40 min	Miike Port	
	Miike-Shimabara Line 50 min	
	Shimabara Port	
	Shimatetsu Bus 1 h 10 min	

Kuchinotsu

JR Kumamoto Station	JR Nagasaki Station	JR Sasebo Station	Oniike Port
Sanko Bus 30 min	Limited Express 20 min Rapid 30 min	Rapid 1 h 20 min	
Kumamoto Port	JR Isahaya Station		
Ferry 1h High Speed Ferry 30 min	Isahaya Station Front		Shimatetsu Ferry 30 min
Shimabara Port			
Shimatetsu Bus 1 h 10 min	Shimatetsu Bus 1 h 40 min		

Kuchinotsu

City bus Oya-Hayasaki Loop Line

Shimabara Railroad Kuchinotsu Sales Office
TEL 0957-86-3179

Via Shirahama

Via Odomari

Kuchinotsu Port	Museum Front	Kuchinotsu Port	Kuchinotsu Port	Museum Front	Kuchinotsu Port
7 : 19	7 : 33	7 : 37	9 : 02	9 : 06	9 : 21
8 : 21	8 : 35	8 : 39	12 : 47	12 : 51	13 : 06
10 : 32	10 : 46	10 : 50	16 : 27	16 : 31	16 : 46
14 : 17	14 : 31	14 : 35			
17 : 57	18 : 11	18 : 15			

* Please be aware that the scheduled times may be subject to change due to road and traffic conditions.

“Shimatetsu Free Pass” Shimatetsu Free Boarding Pass for adults 1,000 yen
Shimatetsu railway, bus and ferry one-day unlimited rides ticket
There are unlimited rides for one day only on the second and fourth Sunday of each month.

* This offer excludes rides on express buses and on high speed ferries and ferries when travelling with a vehicle.

Taxis	Minamishimabara Kotsu	TEL 0957-87-3930
	Honda Kanko Taxi	TEL 0957-86-2100
	Harajo Kotsu	TEL 0957-85-2103

•About Parking

Please use the Kuchinotsu Port Open Space Park free parking lot near the start area, the Former Sailors' Welfare Center free parking lot, or other parking facilities.

Kyushu Olle Map



Lodging facilities



Kuchinotsu Onsen Shirahama Beach Hotel
TEL 0957-86-3030

Harajo Onsen Masago
TEL 0957-85-3155

Ryokan Shiro
TEL 0957-85-2148

Farm stays are also available. They offer lodging as well as farming, forestry, and fishing-related activities. For details, please visit the Minamishimabara Himawari Tourism Association website.

<http://himawari-kankou.jp/>

• About the Shimabara Peninsula

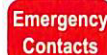
The Obama, Unzen and Shimabara onsen are also located on the Shimabara Peninsula. For details, please refer to the Marumaru Shimabara Peninsula website.

<http://www.shimakanren.com/en/>

Inquiries



Commerce, Industry and Tourism Division, Planning and Development Department, Minamishimabara City
96-2 Nishiarie-cho Satobo, Minamishimabara-shi, Nagasaki-ken 859-2211
TEL 0957-73-6632 FAX 0957-82-3086
Minamishimabara City website:
<http://www.city.minamishimabara.lg.jp.e.abk.hp.transer.com/>



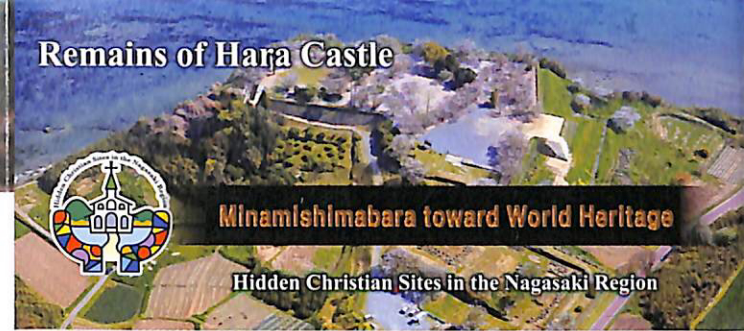
Police: 110 (Minamishimabara Police Station TEL 0957-86-2110)
Ambulance: 119 (Kuchinotsu Fire Station, Minamishimabara Fire Department TEL 0957-86-2098)

KYUSHU OLLE!!! Kyushu Olle

Minamishimabara Course

Walk the port town which once prospered through the Nanban trade!





About the Kyushu Olle

What is an "olle"?

The word "Olle" originated on Jeju Island, Korea. Originally it meant "a narrow alley leading home from the main street" in Jeju dialect. It is a word intimately familiar to the people of Jeju but ever since it started being used to refer to trekking courses, it became well known throughout Japan.

Olle's biggest appeal is the possibility to connect intimately with nature, its seashores and its mountains, and the alleys, enjoying them at one's own pace while strolling leisurely.

The Kyushu Olle is the Jeju Olle's sister. Enjoy the nature, culture, onsen and other attractions Kyushu has to offer with all five senses.

When walking

Signs, such as the **kanse** (an object depicting a horse), blue and red **ribbons**, and **wooden arrows** are placed at strategic points along the course.

The kanse's heads and the arrows show the way forward. You can walk the course by following these landmarks.



Start from the kanse
There are several signs along the Olle course. The head of the kanse sign at the start area indicates the direction of travel.

Follow the ribbons
Ribbons can be seen on tree branches and other places along the way in spots where you can't miss them. Look for them and continue along the path.

Wooden Arrows at Junctions
Wooden arrows and painted signs on stones have been placed at points where the direction of the course changes. Blue arrows refer to the forward direction for people walking from the start, red arrows do the same for those starting from the finish.

Collect the course stamp

The course stamp is placed along the course. Use it to stamp the stamp frame next to your map.

Olle Gear

Shoes
 Mid-cut boots recommended

They protect your ankles and are also easy to walk in. Select a pair with moderately soft soles.

Backpack
 20-30l ones are best

For a day trip, a 20-25l backpack is ideal. For overnight trips, a 30l backpack is recommended.

Rain gear
 Trekking rainwear

- 1 A stiff hood brim provides good visibility. An adjustable hood would be handy.
- 2 Something with pockets you can access even while wearing a backpack.
- 3 Your pants should cover all parts of the leg that are most likely to get wet. A pair with fasteners that can be easily put on and taken off with your shoes on is recommended.

* For further details, please inquire at a sporting goods store or an outdoor shop.

Olle's Etiquette

- When walking through residential areas, please do not enter private properties without permission.
- Please always ask for permission before taking photos of the residents or private residences.
- Please always take your trash home with you.
- Please do not take agricultural produce along the course path without permission.
- Please do not pluck flowers or take tree branches at the edge of the path.
- Out of consideration for the people who will visit after you, please do not take any of the ribbons.
- Please do not touch the road signs.
- Please walk slowly and enjoy the scenery.
- Please be careful when walking on roads where vehicles may be in transit.
- Please refrain from acting dangerously near steep slopes far from the course's path.
- Please greet other travelers and locals with a smile.

Remains of Hara Castle (World Heritage candidate)



37,000 people led by the Christian leader Shiro Amakusa were besieged in Hara Castle. They were all killed by the 125,000 soldiers of the Shogunate forces and thus the Christian era ended. This event, known as the "Shimabara Rebellion" or the "Shimabara-Amakusa Uprising", is said to have shaken the shogunate and led to Japan's period of national isolation. What transformed this region from the paradise where Christian culture had prospered to a bloody battlefield? This hidden history is now rediscovered.

Arima Christian Heritage Museum



The museum explains the introduction, prosperity and persecution of Christianity through chronological charts and video presentations. On exhibit, there are hoka ceramics, medals, shells and crosses unearthed from the remains of Hinoe and Hara Castle. Among them, the crosses that were made melting down the bullets fired by the shogunate forces represent the feelings of the Christians at the time.

- Hours: 9:00 - 18:00
- Closed: Thursdays, December 29 - January 3
- Admission fees: Adults 300 yen, High school students 200 yen, Elementary and junior high school students 150 yen (group discounts available)

Remains of Hinoe Castle



The "Remains of Arima Seminary", the first European institution for secondary education of its kind built in Japan and the castle town of Hinoe where Western culture prospered as was reported to Europe 400 years ago. Among the ruins of Hinoe Castle, built by the Christian feudal lord Harunobu Arima, were discovered the remains of a staircase made out of Buddhist gravestones and headstones which exemplify Harunobu's opposition to Buddhism. Gold leaf roof tiles which suggest a close relationship between the feudal lord Hideyoshi Toyotomi and Harunobu were also found.

* Currently, the remains have been reburied in order to be better preserved.

Minamishimabara Tour Guide

- World Heritage Candidate Tour ~ A tour of the Christian Heritage Museum and the remains of Hara Castle ~ Various other tours are being prepared.

Applications and Inquiries

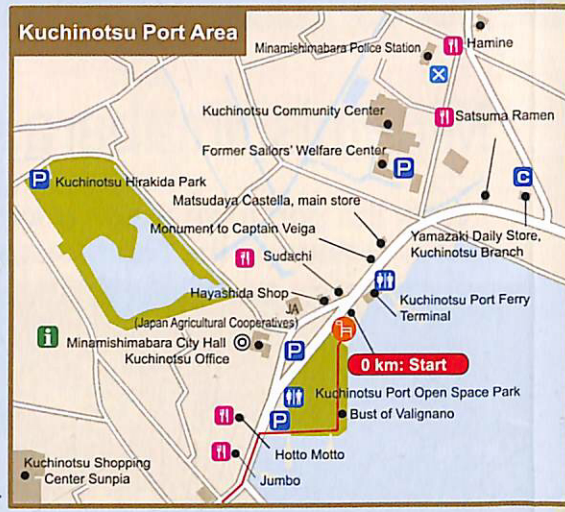
Minamishimabara Himawari Tourism Association (General Incorporated Association) TEL 0957-65-6333
1395 Minamiarima-cho otsu, Minamishimabara-shi (1st floor, Arima Christian Heritage Museum)





Minamishimabara's city ambassador: Japan's tallest mascot "Captain Veiga"

Distance: 10.5 km
Required time: 3-4 h
Difficulty: Medium



Stamp collection area
Kuchinotsu Port Ferry Terminal
 (Summer: 5:30-21:20, Winter: 6:00-21:20)
Free Rest Area (6.4 km mark)
 (From sunrise to sunset)
Kuchinotsu History and Folklore Museum
 (9:00-17:00, Closed: Mondays, December 29 - January 3)



Stamp here!



* Walking from the finish line to the start line takes around 15 min (1.2 km)

Places to see on the Minamishimabara Course



1 Mt. Fuji

Most people upon hearing "Mt. Fuji" think of Mt. Fuji, the highest mountain in Japan. However, the Mt. Fuji located in the district of Kuchinotsu is known for being small, only 180 meters high. The hill's name originated when Shimabara's feudal lord, Tadafusa Matsudaira, ordered that a mountain resembling Mt. Fuji be found within his domain and a shrine built there.



5 Hayasaki Seashore (basalt)

Approximately 4.3 million years ago, the Shimabara Peninsula was formed as the result of a submarine volcanic eruption. The Unzen Volcanic Area Geopark, which has been recognized as a global geopark, is one of the must-see places on the peninsula. A pavement of pitch-black lava, similar to the ones on the Hawaiian coast, can be found here.



2 Mt. Noroshiyama and the Noda Reservoir

This artificial lake was built in the latter half of the 16th century to collect rainwater, based on an idea by Shinzaemon Noda. Additionally, during the Heian period a signal cauldron had been placed on top of Mt. Noroshiyama, the 90 m-high hill next to the lake as a means to warn the city of Dazaifu about invaders and other dangers.



6 Sea figs cluster

Twenty sea figs of the southern fig family have clustered here. Some of them have thick trunks and are as tall as 20 meters, while others are over 300 years old. In addition to some which took root naturally from seeds carried by the sea currents, others were planted as protection from the wind and the tides.

Leisurely enjoy the port town and rural landscapes

Kuchinotsu: the coal port that supported the Industrial Revolution and trade during the Age of Exploration



3 Nomuki's Phantom Pine

There was a large old pine tree on a hill in the Nomuki District which the locals affectionately called "Nomuki's Pine". Unfortunately, the tree died after the war due to damage from insects. Now there is a cherry tree in its place. From its vantage point it is possible to admire a picturesque scenery that reaches as far as the islands of Amakusa.



7 Kuchinotsu Lighthouse

The lighthouse (equipped with sixth-order lenses, emitting white light) was built in 1880 to help guide ships travelling in and out of Kuchinotsu. At night, the light blinks on and off, projecting a romantic atmosphere. The same type of lenses is displayed in the Kuchinotsu History and Folklore Museum above the tag "Lighthouse Company", Birmingham, Great Britain, 1877.



4 Sezumezaki Lighthouse

The Strait of Hayasaki is located at the entrance to the Ariake Sea and is famous for its fast tidal currents, some of the fastest in Japan. Because of this, a lighthouse was built on the tip of the peninsula to ensure ships could traverse safely. The whirlpools generated by the tidal currents convey the magnificence of the sea.



8 Kuchinotsu History and Folklore Museum

This western-style building was built in 1899 as the Kuchinotsu Branch of the Nagasaki Customs Office. After the government disposed of it in 1980, the interior was renovated and it currently displays many historical heritages such as treasured household items. Museum hours: 9:00-17:00
Closed: Mondays, December 29 - January 3
Admission fee: Adults 200 yen

Tourist attractions in Minamishimabara



Dolphin Watching

Around 300 wild dolphins inhabit the waters between the Shimabara Peninsula and Amakusa. Dolphin watching cruises are extremely popular among visitors, adults and children alike. Interacting with the dolphins has a healing effect on both the body and the soul.



Unzen Volcanic Area Geopark

On the Shimabara Peninsula, where the city of Minamishimabara is located, there are many geological heritages centering around the volcano Mt. Unzen and Fugen-dake. Come visit the area's natural wonders, from the faults and the geological formations to the onsen and natural springs, and experience the history of the locals and Earth's greatness.



Onsen Facilities for Day Trips

In Minamishimabara, there are numerous onsen, with various types of water, that are perfect for a visit during day trips.

* Please inquire with the facilities regarding business hours.

Kuchinotsu Onsen Shirahama Beach Hotel ☎0957-86-3030
Harajo Onsen Masago ☎0957-85-3155
Sukawa Tourist Hotel ☎0957-82-3967
Futsu Welfare Center (Yurari) ☎0957-72-7212
Unzen Mikado Hotel Honkan ☎0957-72-5420



Roadside Station Mizunashi-honjin Fukae

Located beside the Mizunashi River and looking out onto the Fugen-dake, is the largest roadside station in Japan. It is comprised of the "Pyroclastic Flow Rendition Museum", "Mudslide Damage Preservation Park" and other large-scale facilities. Facing the lava dome Heisei-shinzan, it is the perfect location to share and hand down the history of the reconstruction after the disaster and it is always bustling with visitors.

Food & Souvenirs

Sudachi Restaurant



This restaurant is located opposite the course's starting point, the Kuchinotsu Port Ferry Terminal. Its Hiyashi Katsudon (cold pork outlet on rice) is very popular.

Address 4351 Kuchinotsu-chohei TEL 0957-86-2380

Business hours 11:00-15:00, 17:00-23:00

Closed Thursdays

Satsuma Restaurant



This restaurant specializes in set meals and its daily special lunch menu is very popular! The owners will welcome you with friendly smiles and delicious cooking.

Address 2053 Kuchinotsu-chohei TEL 0957-86-4728

Business hours 11:30-14:00, 17:30-22:00

Closed Tuesdays

Hamine Restaurant



The interior features a fish tank shaped like a boat. Here you can have your fill of fresh dishes made with dried sardine broth.

Address 2133-4 Kuchinotsu-chohei TEL 0957-86-4030

Business hours 11:00-14:00, 17:00-23:00

Closed Mondays

Jumbo



The "Minamishimabara Oile Burger" made by Jumbo's owner is a famous item on the Minamishimabara Course.

Address 4234-1 Kuchinotsu-chohei TEL 0957-86-2062

Business hours 10:30-18:30

Closed Irregular closing days

Matsudaya Shinise



Located in front of the Ferry Terminal, this confectionery shop is famous for its hand-made sweets. Inside there is also a sitting area where you can relax comfortably.

Address 4343 Kuchinotsu-chohei TEL 0957-86-2796

Business hours Mon - Sat: 8:30-19:00, Sun: 9:00-19:00

Closed Wednesdays

Kuchinotsu Port Coffee Roastery



The shop owner painstakingly selects and roasts the beans following the customers' requests. It is also possible to sample different beans.

Address 972-1 Kuchinotsu-choko TEL 080-5431-0668

Business hours 13:00-18:00

*The shop is open only during the end of the week (Thursday to Sunday), so call to check if it is open before you plan a visit.

Kubo Sake Brewery



Established in 1907, the brewery produces only one brand of sake, "Seippatsu". This shochu is made using a method of distillation under progressively low pressure and it only gets bottled after having aged for over 3 years. It fascinates drinkers with its refreshing aroma and mature, mellow taste.

Address 2139 Kuchinotsu-chohei TEL 0957-86-2004

Business hours 9:00-17:30 **Closed** Irregular closing days

Kodama Shop



It's the only shop along the Oile Course. It sells bread, rice balls and beverages.

Address 2784-1 Kuchinotsu-chootsu TEL 0957-86-2324

Business hours 7:00-17:00

Closed Sundays

Shimabara Hand-pulled Somen



The hand-pulled somen (fine white noodles) are still prepared using a 400 years old traditional hand-pulling technique. They are Minamishimabara's most representative local specialty.

Minamishimabara's unrefined sake



Minamishimabara is the first place in Nagasaki Prefecture to obtain the authorization to produce unrefined sake. Have your fill of this specialty, unique to this area. It's great as a souvenir.