This land of mountains floating on the sea might appear ordinary at first glance, but on closer examination it's home to a special and unique landscape forged by volcanic activity and the culture of its human inhabitants.

Nagasaki Prefecture

Shimabara Peninsula

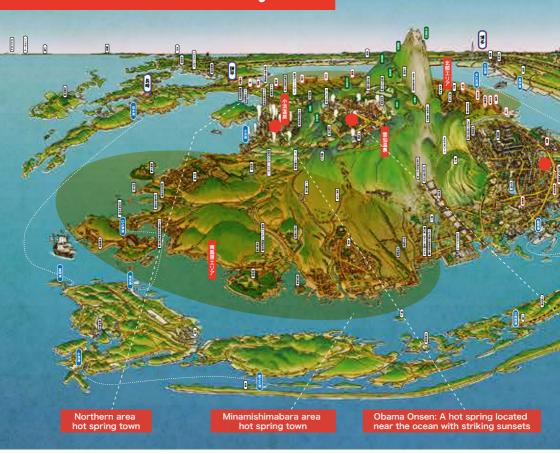
A Perfect Place to Visit



Unzen Onsen-kyo

Shimabara Peninsula

Tourism on the



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M Map codes

Map codes are numbers that let you easily find locations on a map. You can find destinations by entering their code into a satellite navigation system, website, or other tool that supports map codes.

Located in southeastern Nagasaki Prefecture, the Shimabara Peninsula is home to three major hot springs stretching from west to east, each of which has its own unique properties: Obama Onsen, Unzen Onsen, and Shimabara Onsen. The entire area has been called "Onsen town" (hot spring town) since ancient times because there are also hot springs in the southern and northern areas of the peninsula.

It's one of the few areas in Japan where you can enjoy a variety of hot springs that differ in terms of not only location and setting, but also temperature and healing effects.

In addition to benefiting from a wealth of blessings, including Mt. Unzen, an active volcano located in the center of the peninsula, the area is known as a "miraculous hot spring town."



The Shimabara Peninsula is collectively known as "Unzen Onsen-kyo." Differences in the concentration of volcanic gases from the magma reservoir and in distance from the reservoir have created hot springs with differing qualities, transforming the entire area into an appealing hot spring town.



Welcome to Shimabara Peninsula

The Shimabara Peninsula is located in southern Nagasaki Prefecture on the island of Kyushu at the western edge of Japan. The peninsula, which consists of three cities (Shimabara, Unzen, and Minamishimabara), is surrounded by ocean. In the center sits Mt. Unzen.

The northwestern part of the peninsula is home to the Unzen Mountains, which taper off into a series of gentle hills, as well as a plain that stretches along its coastal areas.

In the east, the land slopes down from the base of Mt. Unzen towards the sea, while the southern part of the peninsula is home to gently rolling land.

City of City of Unzen Shimabara

City of Minamishimabara



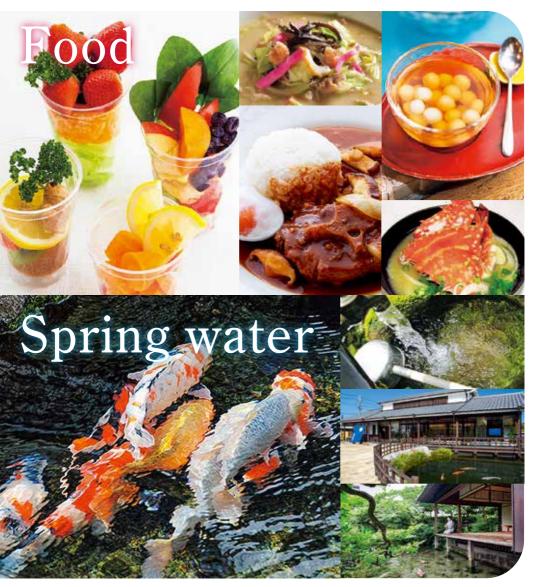


Ultimate fun

The Shimabara Peninsula juts out into the ocean between coast, while Unzen Onsen can be found in the central coast that produced 70,000 koku of rice under the rule of domain. In addition to being famous for its rulers' efforts Japan's first national park. This guide introduces Fugen-dake, an active volcano, and sites where large



Tachibana Bay and Shimabara Bay. Obama Onsen is located along the peninsula's western mountains near Mt. Unzen. The city of Shimabara, a castle town on the peninsula's eastern the Matsudaira clan, features a quaint ambiance which still bears traces of the Shimabara to suppress Christianity, Shimabara is home to Unzen and other areas that were designated noteworthy destinations on the Shimabara Peninsula, including the imposing grandeur of Mt. volumes of transparent spring water gush forth from the ground.





Healing Effe

How to visit recommended baths in the Unzen Onsen town

Enhance your beauty in the Unzen Onsen-kyo

Become beautiful along with the sun.



Morning

Shimabara Onsen: A spa known for its beautiful sunrises and quaint castle town

This hydrogen carbonate hot spring with cleansing effects will leave your skin feeling velvety smooth.

Shimabara's castle district, where carp swim in waterways, is a great place to enjoy the culture associated with the area's springs. Shimabara Onsen, which is located in the city, has hydrogen carbonate and neutral hot springs. It's recommended to visit the hydrogen carbonate hot spring first since it provides cleansing effects.



Afternoon

Unzen Onsen: A resort area in the clouds

This sulfur spring gives your skin a transparent sheen by facilitating the breakdown of melanin.

As you approach the hot spring town, you'll notice the smell of sulfur in the air! Unzen Onsen in Unzen Jigoku is a sulfur spring whose waters have powerful antibacterial effects. Conventional wisdom holds that sulfur hot springs help beautify the skin while facilitating the breakdown and elimination of melanin.



Evening

Obama Onsen: A hot spring located near the ocean with striking sunsets

By functioning like a salt pack, this chloride spring will leave you feeling warm and give your skin luster.

Located in a seaside setting known for its beautiful sunsets, Obama Onsen is a chloride hot spring that contains salt. Distinguished by a feeling of long-lasting warmth after bathing, this type of hot spring functions as a salt pack since the salt in the water prevents moisture in the skin from evaporating. As a result, it's

recommended to visit this spring last when touring the area's hot springs. Facial pack products made using water from Shimabara Onsen, Unzen Onsen, and Obama Onsen are now available, making it easy to enjoy the benefits of each hot spring at home.



(1) Obama Onsen

Water from Obama Onsen's source spring is 105°C. Hot Foot 105, Japan's longest foot bath, is a popular destination. This seaside hot spring, where you can enjoy the salty fragrance of the sea and sunsets seen through wisps of steam rising from the water, offers a rich selection of gourmet dining, too, with dishes steamed in pots, seafood, and Obama champon noodles.



(4) Harajou Onsen Masago

When you bathe in this seaside bath, you'll find yourself gazing out at a landscape that makes you feel as if you were sitting right in the ocean. The spring is known for leaving you feeling warm and toasty.

You can also visit the restaurant without taking a bath.



(2) Unzen Onsen

As you approach the hot spring town, you'll notice the smell of sulfur in the air!

In addition to Rhododendron kiusianum in the spring and colorful foliage in the fall, you won't want to miss nearby Jigoku district, where you can experience the heat of the earth. The spring's sulfurous waters, which have antibacterial effects, are considered to beautify the skin, too.



(5) Mizuho Onsen Sennen-no-Yu

Located in Mizuho Sukoyaka Land, this facility makes it easy to enjoy a natural hot spring. The large bath area includes a range of amenities, including an open-air bath, a cascading bath, and a sauna. You can also visit the facility's dining hall without taking a hath



(3) Shimabara Onsen

Shimabara Onsen, which is located near Shimabara Castle, where carp swim in roadside waterways, is a neutral spring that's easy on the skin. In addition to a foot bath that you can stop by as you walk through town, the city has seven spots where you can drink water from hot springs, which also have beneficial effects when consumed.



6 Nami-no-Yu "Akane" Seaside Open-air Bath

This bath is operated jointly with Obama Onsen, which is located on Tachibana Bay. The open-air bath, which lets you soak while watching the sun sink below the horizon in a sunset that has been chosen as one of Japan's 100 most beautiful sunsets, is filled with hot spring water whose properties are as remarkable as the mood it will put you in.



7 Shimabara Onsen Yutorogi-no-Yu

This hot spring is located in the center of one of the city's shopping districts. You can enjoy a variety of different types of bath, including a large bath fed by water from the source spring, a medicated bath, a cold bath, and a sauna. The foot bath, which is free of charge, is popular with visitors, too.



8 Tour of Unzen Jigoku sites

Unzen Jigoku, one of Unzen Onsen's most popular tourist destinations, consists of more than 30 hot spring-influenced geological formations with names like Daikyokan Jigoku and Oito Jigoku that can be visited as you tour the area.



(9) Hot Foot 105

This foot bath, Japan's longest, is 105 meters long (because the source spring is 105°C). In addition to sitting with your feet in the hot water, you can borrow a steaming pot to cook ingredients like vegetables or eggs and enjoy them at your very own picnic.



(5) Shimabara Hibaruyama flower Park (spring to autumn)

The name of this flower park reflects the fact that it was used as a lookout when Mt. Fugen-dake erupted more than 200 years ago. Field mustard, cherry trees, and poppies bloom in the spring, while common cosmos and sunflowers blossom in autumn.



(6) Jacaranda (June)

This flowering tree of the family Bignoniaceae, which is native to Central and South America, is adorned with beautiful purple flowers in June. Rows of Jacaranda in Obama Onsen delight locals and visitors alike. The shower of falling petals from enormous, 40-year-old Jacaranda trees is simply overwhelming.



This mountain, which grew as a result of lava eruptions that began on May 20, 1991, and lasted about five years, is Japan's newest mountain. It has become a symbol of the Shimabara Peninsula.

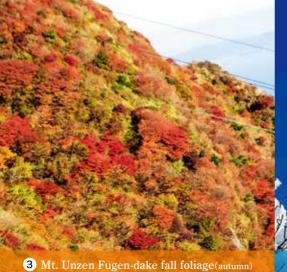


10 Flowers of Shimabara Castle

Around Shimabara Castle, plum and cherry trees bloom in the spring, while rhododendron and lotus flowers blossom in early summer, adding color to the chalk-white building.







The fall foliage of Mt. Fugen-dake has been designated a natural monument by the Japanese government. The beautiful landscape, which is often described as a sea of fall color, will take your breath away.



With the coming of winter, fog and clouds come into contact with tree branches at or below 0°C and freeze onto them. Locals call the hoarfrost formations that are created in this manner hanaboro. The result are works of art that you can only see during the winter.



(Sunflower fields in Minamishimabara (summer)

You can see sunflowers, the symbolic flower of Minamishimabara, everywhere in the city. In Minamishimabara, they bloom not only in summer, but even in the cold of winter.



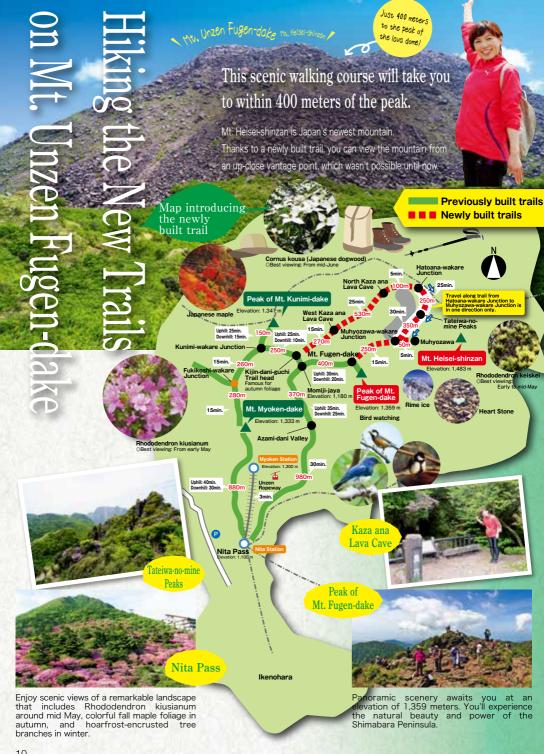
8 Taiwan cherry trees at the Nabeshima stronghold and residence

The site of the Nabeshima stronghold and residence retains a historic atmosphere. A variety of seasonal flowers, including Taiwan cherry trees in winter and rhododendrons in spring adorn the dry-style landscape garden.

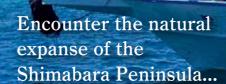


White sand bars (lithothamnium reefs)

Unusual lithothamnium reefs, which herald the coming of summer, can only be seen at three locations worldwide. Lithothamnium is one of the world's rarest plants, and the white sand bars it creates only show themselves at low tide several times a year. Overland viewing tours are planned to coincide with the dates on which these formations become visible.







On the Shimabara Peninsula, which is surrounded by water, there are a multitude of ways to enjoy the ocean. Take a boat ride...

Enjoy romantic views of the sea. What would you find fun?

1 Dolphin watching

About 300 bottlenose dolphins live between the Shimabara Peninsula and Amakusa, and you can watch them as they swim.

*It depends on weather and other factors, but there's a 99% chance you'll see some dolphins when your boat leaves port.



2 Viewing the ocean from the Shimabara Railway

This Shimabara Peninsula local line extends from JR Isahaya Station to Shimabarako Station. The Shiawase-no-Kiiroi Ressha ("happy yellow train"), which travels along the peninsula's northern coast, is ideal for sightseeing. The line also stops at Omisaki Station, which is said to be the station closest to the ocean in Japan, offering views of beautiful natural scenery from its windows.



3 Kojiro Nagahama Beach

Located on the gentle waters of the Ariake Sea, this is the only beach in the northeastern part of the peninsula.



4 Maehama Beach

This beautiful beach features white sand and pine trees. With clear water, gently sloping white sand, and cool pine forests, the beach is blessed with picturesque natural features.



5 Shirahama Beach

With marine-blue water and beautiful white sand, this beach offers scenic views of the sun as it sets behind the Nagasaki Peninsula at dusk. It was chosen as one of Japan's 100 most beautiful beaches by the Ministry of the Environment on May 10, 2006.



4 Shimabara Castle

About 10 min. on foot

 Samurai residences

About 15 min. on foot

③ Koi-no-Oyogumachi Town

About 0 min. on foot

(7) Seiryutei

About 0 min. on foot

(8) Shimabara Yusui-kan (Koi Cafe Yusui-kan)

About 0 min, on foot

Shimeiso Spring Water Garden

10 min. on foot

 Mizugashira no Ido

10 min. on foot

② Shirachiko Lake

15 min, on foot

6 Ginsui and Hamanokawa Spring







Mt. Mayuyama to collapse about 220 years ago. Even now, about 40,000 tons of spring water gush forth every day in the lake, which serves as a recreational spot for residents.

(3)Koi-no-Oyogumachi Town

Colorful carp swim freely in the clear spring waters that flow alongside roads in the town, delighting passersby. These waterways, whose beauty has been preserved by local residents, are one of Shimabara's attractions as a community whose history and culture are intimately connected to water.

(4) Shimabara Castle

Shimabara Castle is one of the city's most famous destinations. The moat surrounding the castle's keep is adorned with blossoming cherry trees and rhododendron in the spring, and with lotus flowers in the summer. There are exhibits of historic materials and other artifacts related to Christianity in the tower, and the castle's grounds include the Folk Museum, Seibo Memorial Museum, and Tourism Reconstruction Memorial.



9 Mizugashira no Ido

Legend holds that you can enjoy a long life if you pour water over the stone statue of a turtle next to this well, which is located on a quiet residential street. The well, which was dug by local residents in 1941, yielded ample volumes of spring water, and it continues to play a part in residents' lives

Visiting a Castle Town Whose History and





(6) Ginsui and Hamanokawa Spring

Located next to Hamanokawa Spring, a typical Shimabara spring that continues to be maintained by the local community, this restaurant, which invented a local dish known as kanzarashi dumplings, reopened in August 2016. Local residents have long loved the spot, which has also been visited by many prominent figures.



(7) Seiryutei

Seiryutei promotes tourism in the surrounding area by displaying local Shimabara products and providing sightseeing information. Don't miss the colorful carp swimming slowly in the facility's spring-fed pond.



8 Shimabara Yusui-kan (Koi Cafe Yusui-kan)

This cafe in the style of an old townhouse is located in a residence that was originally built at the beginning of the Showa period in the center of a town known for its swimming carp (Koi-no-Oyogumachi). On Saturdays and Sundays, you can experience how kanzarashi dumplings, a traditional dessert prepared with Shimabara spring water, are made (fee applies; reservation required three days in advance).



(2) Kaminokawa Spring and nearby carbonated spring

Kaminokawa Spring continues to produce large volumes of water today. The site is said to have been the last spot where people climbing up to Unzen Jigoku could take a break during the suppression of Christianity, and it centers in various secret episodes about Christianity. Nearby you can also view a carbonated (cold) spring that produces large volumes of burbling water.



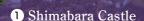
10 Arie Storehouse Tour

The Arie district of Minamishimabara, which prospered as a center of local government in ancient times, is home to industrial heritage sites related to sake, miso, and soy sauce brewing as well as somen noodle production and several brick walls, along with historic heritage sites like shrines, temples, and the remains of Christian sites. The area hosts the Arie Storehouse Tour, an event that invites participants to visit a townscape centering on five traditional storehouses.



1) Kojirokuji and the Nabeshima residence

This town was built by the Nabeshima clan, which ruled the Kojiro district of the Saga Nabeshima domain. The Kojirokuji area around the Nabeshima stronghold and residence has been designated an Important Traditional Building Preservation District by the Japanese government. The site evokes the atmosphere of the Edo period.



Shimabara Castle's tower houses exhibits on topics including Christian history, local history, and folk history, and the castle's northeastern turret functions as a folk museum by offering displays of numerous nostalgic folk implements dating from the Meiji period to the Showa period, offering a glimpse of how the people of Shimabara used to live. The castle's grounds are also home to the Seibo Memorial Museum, which features exhibits of works by sculpture giant Seibo Kitamura, and the Tourism Reconstruction Memorial, which introduces topics including the nature of the area's volcanic processes and Shimabara's culture.



(2) Kuchinotsu Museum of History and Folklore

Located on the second floor of the newly completed New Kuchinotsu Port Terminal Building, this museum explores the history of Kuchinotsu, a port town at the southern end of the Shimabara Peninsula, with a focus on how it attracted foreign ships during the 16th century and later prospered as a trading port in modern times. A separate branch of the museum, which incorporates the remains of the former Nagasaki Customs Kuchinotsu Branch Office, originally built in 1899, serves as a museum of Meiji-period Western architecture.



(4) Unzen Visitor Center

This facility provides a wealth of information about the Shimabara Peninsula, with a focus on the natural surroundings of Unzen Onsen. It also introduces the area's history as well as the mechanisms by which volcanoes and hot springs function.

(Obama Town Museum of Historical Materials)

This museum is located at the site of the residence of the Honda Yudayu, who for generations laid the foundation for the growth and development of Obama Onsen starting in 1614. "Yudayu" is the name of the official who was entrusted by the Shimabara domain with the management of the hot spring. The museum features numerous exhibits exploring topics including the accomplishments of officeholders and materials related to Obama Onsen.



(5) Unzen Vidro Museum

This facility is considered Kyushu's premier antique glass museum. Exhibits showcase antique glass from around the world, including Edo-period Nagasaki, Bohemia, and Venice; 19th-century oil lamps; works by Czech master Stanislav Libenský; and Old Imari ware ceramics.



(6) Arima Christian Heritage Museum

This museum introduces topics including the Hara Castle Ruins, which comprise the peninsula's only World Heritage site; the Hinoe Castle Ruins, which is a related historical site; and the Arima Seminary, an educational institution that bolstered Christian believers' faith. Visitors can learn about the entire sweep of Christian history in the area, including the introduction of Christianity, its flourishing, its brutal suppression, and its eventual revival after years underground.

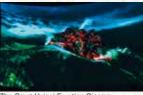


(7) Seibo Memorial Museum

The house in the Minamiarimacho district of Minamishimabara where sculptor Seibo Kitamura, who created the Nagasaki Peace Statue, was born displays of about 60 of the artist's sculptures, papers, and other materials. Located in Seibo Park, the museum also includes 13 outdoor sculptures, along with a quarter-size reproduction of the Peace Statue.



Kids Geoparl



The Great Heisei Eruption Cinema



The Path of Pyroclastic Flow



Kids Geopark

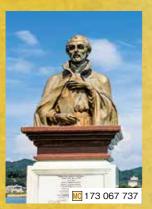
8 Gamadas Dome (Mt. Unzen Disaster Memorial Hall)

This museum, which features hands-on exhibits about geology and volcanoes, recently reopened after a renovation. New attractions include new content being shown at the facility's The Great Heisei Eruption Cinema; Kids' Geopark, where young visitors can enjoy hands-on attractions modeled on Mt. Fugen-dake; and Wonder Lab, where visitors can have fun learning about volcanoes and disaster preparedness.









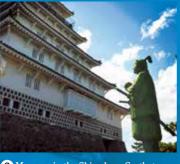
(4) Alessandro Valignano

Italian-born Alessandro Valignano, who founded a seminary in Arima, was a Jesuit missionary. He's known for sending four youths who had studied at the seminary to Europe on a trip known as the Tensho embassy in 1582. After a long ocean voyage, the young delegates had audiences with the Pope and other leaders during the trip, enjoying a warm welcome everywhere and informing the world of Japan and the Japanese. Valignano was an important missionary of the Christian faith in Japan.



5 Landings of foreign ships

Three foreign ships entered the port of Kuchinotsu in 1567. Seven more arrived over the course of the next 15 years. At the time, Kuchinotsu became the center of efforts to spread the Christian faith throughout Japan and a hub of the so-called Nanban trade.



6 Museum in the Shimabara Castle tower (with exhibits tracing Christian history)

Shimabara Castle was built by Matsukura Shigemasa over the course of seven years starting in 1618. Today, a reconstruction of the tower houses exhibits on topics including Christian history, local history, and folk history. Nearby are Christian tombstones and a statue of Amakusa Shiro by Seibo Kitamura.



7 Monument to Christian Martyrs in Unzen Jigoku

Unzen Jigoku is a major sightseeing destination in Unzen Onsen. Characterized by sulfurous fumes and covered by blasts of steam and hot air emanating from the ground, the landscape truly resembles hell itself. The area is known as a site of Christian martyrdom, and a monument has been erected.

8 Hara Castle Ruins World Heritage site

It is here that the Shimabara-Amakusa Rebellion, which broke out in 1637, came to an end. The Edo shogunate adopted a policy of completely closing off the country from outside contacts in response to the uprising, leaving underground Christians no choice but to continue in their faith on their own. Archaeological excavations have unearthed numerous human bones along with implements of faith such as medals and crosses from inside the castle, where the rebels barricaded themselves.

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Amakusa Shiro Tokisada

Amakusa Shiro is considered to have been the leader of the Shimabara-Amakusa Rebellion. Only about 16 years old when the rebellion broke out, he is said to have directed the fighting while carrying a cross. However, he was killed by retainers of the Hosokawa domain during an assault on the castle by the shogunate.



Tour of the Hara Castle Ruins, where the Shimabara-Amakusa Rebellion ended

Minamishimabara is home to Minamishimabara Guide Arima-no-Sato, an association of tour guides. Members explain the history of Minamishimabara and its townscape to tourists in an easy-to-understand manner.





2 Baking your own Yusenpei rice crackers

Enjoy traditional flavor as you bake your own Yusenpei rice crackers by adding chilled hot spring water to wheat flour, eggs, and sugar; kneading the mixture together; and baking thin sheets of dough.

March through May, September through November



(3) Overnight agriculture, forestry, and fishery experiences

Why not make some memories by participating in an overnight agriculture, forestry, or fishery experience in Minamishimabara, where you can see what it's like to live in the country. You can participate in a variety of seasonal activities, for example harvesting vegetables or preparing local cuisine, at a household involved in agriculture, forestry, or fisheries work.

Dates Year-round



4 Making your own kanzarashi dumplings

Located in the spring water destination Koi-no-Oyogumachi, Shimabara Yusui-kan offers visitors a chance to make their own kanzarashi dumplings, a local Shimabara delicacy, on weekends.

Saturdays and Sundays (Reservation required three days in advance.)

Experiencing Everything the Shimabara Peninsula H

Local cuisine experiences

5 Making your own somen noodles

Try your hand at rolling hand-drawn somen noodles, a famous local product, by participating in the last step of the production process.

When you're finished, you can sample

the noodles you've made.

Year-round

Dates Year-round

(1:00 pm to 2:00 pm)

Creative culture experiences

6 Making Japanese candles, a tradition that dates back to the Shimabara domain

Tour one of the few Japan wax factories that remains nationwide. Try your hand making Japan wax candles, a tradition that was passed down from the time of the Shimabara domain. The soft, harmonious light that comes from natural materials is otherworldly.

Dates

Saturdays and Sundays (Reservation required three days in advance.)

Enjoy Shimabara Peninsula Experiences

Natural experiences

Phiking Mt. Unzen Fugen-dake

Trekking brings you face to face with the beautiful natural scenery of Mt. Unzen Fugen-dake. Listen to explanations from your guide as you hike Mt. Unzen, whose appearance shifts throughout the seasons.

By experiencing the culture and lifestyles of the people who live on the Shimabara Peninsula, you can learn about the area. Why not take advantage of hands-on programs to make your trip a special one?

So many exciting things to try!

Scan this QR code to learn more about hands-on programs on the Shimabara Peninsula.



A wilderness-filled park surrounding the volcano Mt. Unzen, built around the theme of coexistence with an active volcano

Unzen Volcanic Area **UNESCO** Global Geopark

The entire Shimabara Peninsula, which was formed by the activity of the volcano Mt. Unzen, comprises the Unzen Volcanic Area UNESCO Global Geopark!

You'll have fun while learning about the history, culture, and lifestyles of the Shimabara Peninsula and about how volcanic eruptions and other geological processes have affected the area.

Mt. Heisei-shinzan

Consisting of a magma dome that was formed when highly viscous dacite magma accumulated atop a crater, Mt. Heisei-shinzan was designated a natural monument by the Japanese government in April 2004. The area around the peak, which currently reaches an elevation of 1,483 meters, has been designated a warning area, meaning that it's off-limits to the public.

Mt. Unzen



Camadas Dome

(Mt. Unzen Disaster Memorial Hall)

This volcano-themed facility offers visitors opportunities to view, experience, play, learn, and recreate. It offers an expansive space that's packed with intellectual entertainment related to volcanoes. What happened from the start of volcanic activity at Mt. Unzen Fugen-dake in November 1990 to the declaration of the end of that activity in May 1996? What remains? You'll find exhibits that provide exhaustive coverage of the threats posed by nature and the wisdom and intelligence of those who have faced them.



3 Sabo Museum at the former Onokoba Elementary School

This site preserves an elementary school that burned to the ground due to exposure to the blasts of hot air accompanying the eruption's pyroclastic flow. It's also home to the Sabo Museum, where you can view conditions following the disaster and subsequent recovery efforts through materials including photographs and graphic panels. The facility is dedicated to communicating the lessons of this volcanic disaster to future generations and to promoting learning about disaster preparedness



4 Landslide Disaster Preservation Park

This park preserves homes damaged in a landslide for viewing. The force of the landslide weakened here as the slope of the land becomes more gradual near the ocean. As a result, the group of homes escaped destruction. About 3 meters of dirt and sand have accumulated in the area around the











UNESCO Global Geopark

This program is dedicated to creating sustainable local communities so that the invaluable legacy of the Earth's geological processes can be preserved.

The Shimabara Peninsula is home to Japan's first international geopark.



Please scan this QR code or follow the link below to learn more at a special website



http://www.unzen-geopark.jp

Unzen Volcanic Area UNESCO Global Geopark

Recommended sightseeing described sightseeing described sightseeing

The entirety of the Shimabara Peninsula is part of this geopark.

This page introduces some recommended destinations
you won't want to miss at this geopark, which becomes more interesting
the more you learn shoult it





5 Collapse of Mt. Mayuyama "Shimabara disaster, Higo inconvenience"

Mt. Mayuyama, which is located to the west of the castle town Shimabara, collapsed during a powerful earthquake accompanying the volcanic eruption of 1792. Debris from the mountain fell into the ocean and created a tsunami. In some locations, saltwater reached heights of greater than 20 meters. The disaster created a scenic landscape known as the Tsukumojima Islands ("ninety-nine islands").

6 Pyroclastic flow deposits from the Mt. Aso volcano

The Hara Castle ruins, which are famous as the site of the pitched battle that marked the end of the Shimabara-Amakusa Rebellion, was built on a hill that formed during an enormous eruption of the volcano Mt. Aso about 90,000 years ago. Would Hara Castle have existed if that eruption hadn't occurred? How would Japanese history have been different?



7 Tatsuishi Seashore

Here you can see a geologic stratum created by an early volcanic eruption of Mt. Unzen. The presence of pumice stone indicates that Mt. Unzen began to grow with an explosive eruption. Subsequently, the mountain's eruptions changed to the type that produce a magma dome. This stratum, which contains numerous round rocks, comprises part of the base of the mountain where it finally grew enough to reach the coastline.



8 Havasaki Seashore

Hayasaki Seashore, at the southernmost tip of the Shimabara Peninsula, is the birthplace of the peninsula. Jet-black, cobblestone-like rocks and rugged, reddish-brown geologic strata tell us that volcanic eruptions of the type seen in Hawaii right now occurred here around 4.3 million years ago.



Terraced Field Observation Platform

This platform offers panoramic views of terraced fields built on steep slopes with Tachibana Bay as a backdrop. Farmers have cleared and excavated the mountainous terrain of the Shimabara Peninsula, which is home to extensive agriculture, to grow potatoes, lettuce, squash, and other crops.

Enjoy crisp texture and outstanding springiness!

Puffer fish (ganba)

Kanzarashi dumplings

This dish is made by cooling small dumplings made with rice flour with Shimabara spring water and toping them with a special syrup made of honey, sugar, and other ingredients. This simple, local treat is popular for an elegant sweetness that seems to melt in your mouth as well as for the pleasant sensation it gives when



*Shimabara L

Gourmet Dining

Taste the flavor of the ingredients.



Legend holds that this simple local dish, which is based on stock and condiments, was prepared using powdered sweet potatoes by a farmer named Rokubee in the village of Fukae during a famine.

The Shimabara Peninsula is full of Come see and taste traditional



word for coffin to suggest people's eagerness to enjoy the food, even if doing so meant keeping a coffin close to hand.

Obama champon noodles

More than 100 years have passed since people visiting hot springs to cure disease introduced champon noodles, a dish that was created in Nagasaki, to Obama Onsen. The dish, which consists of numerous ingredients added to mild soup along with small shrimp still in their shells, became a veritable soul food in Obama Onsen.

Puffer fish, whose consumption was prohibited

by the rulers of the Shimabara domain during

the Edo period because it is highly poisonous, is known locally as ganba, a word formed from the



Somen noodles

One theory holds that somen noodles were brought to the area by immigrants from Shodo Island following the Shimabara-Amakusa Rebellion, while another posits that the dish was brought by Chinese sailors arriving in Nagasaki. Made with wheat flour produced in the area's temperate climate along with salt and subsoil water from Mt. Unzen, these noodles are known nationwide for their unique firmness, stickiness, and pleasant feeling when swallowed, all of which are made possible by traditional skills that have been passed down unbroken over the generations.

Minamishimabara unrefined sake (Yonoyoshite)

This unrefined sake was the first to be licensed in Nagasaki Prefecture.
The name means "all night long"

The name means "all night long Minamishimabara's local dialect." maker's wish for customers to drink it all night long is evident in its sweet, fruity



Gourmet foods (ingredients) from the peninsula



Summer ovsters Winter

ovsters





natural blessings and delicious foods! delicacies made with fresh ingredients!

Guzoni stew

One theory holds that this dish was created when ingredients gathered mountains and harvested from the ocean were added to rice cakes set aside for use as soldiers' rations during the Shimabara Rebellion. Today, the dish blends the savory flavors of more than a dozen ingredients, including yams, burdock, lotus root, Chinese cabbage, shiitake mushrooms, chicken meat, boiled fish paste, grilled eel, omelets, garland chrysanthemums, and rice cakes.

Served with plenty of savory soup stock!



Tairagane/Ariakegane

These Japanese blue crabs, which are known as gazami, are called Tairagane or Ariakegane to indicate where they were harvested. They taste best from summer to fall, but they're a famous product of the Ariake Sea that can be enjoyed all year



Unzen Smoothie

Enjoy an Unzen Smoothie prepared with a creative touch by one of the shops in Unzen Onsen Town using select seasonal vegetables grown in a rich natural setting on the Shimabara Peninsula.



These croquettes are said to have been brought to the port of Kuchinotsu in 1580 by ships arriving from Portugal and Spain. They became popular in Minamishimabara because the area was one of the leading producers of potatoes in the country. You can enjoy a variety of creative croquettes in the area's shops and restaurants.

with scorpion fish

Scorpion fish caught (known locally as arakabu) in the Hayasakiseto Strait, which has one of the three strongest tidal currents in Japan, have been certified as Hayasakiseto Arakabu, a Nagasaki Prefecture fish brand. Miso soup prepared with stock made from the fish's dense white, red-tinged meat is supremely delicious.

Unzen havashi rice

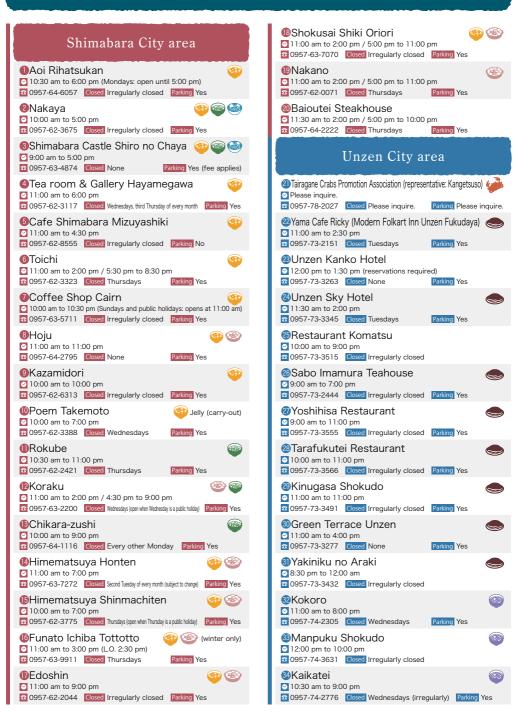
Conventional wisdom holds that long ago many foreign tourists came to Unzen Onsen to escape the summer heat, and that they enjoyed a Western-style version of hayashi rice topped with demiglace sauce. This new gourmet dish from Unzen Onsen is a creative take on that history.







List of gourmet restaurants on the Shimabara Peninsula

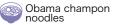




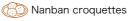




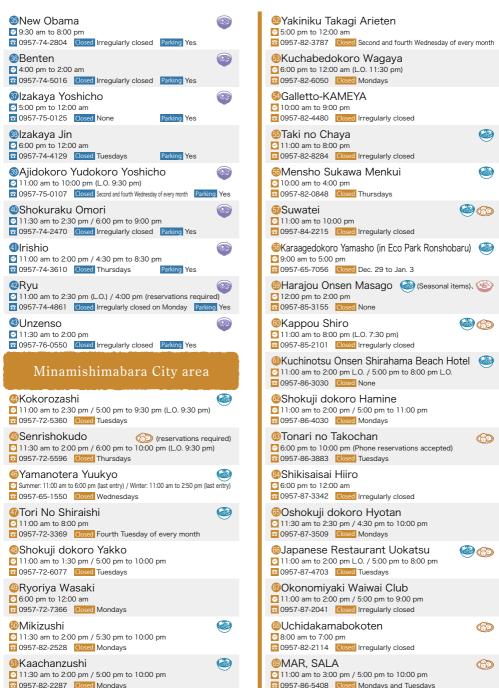












Guide to Shimabara Peninsula Hotels and Inns

■All phone numbers are preceded by the Shimabara Peninsula area code (0957).

③ …Hot springs ⑤ …Open-air Bath ﴿ …Day-use bath (• Reservations required) ﴿ …Wi-Fi



Unzen City(Obama Onsen)		
(Hotels and inns)		
Iseya Ryokan	☎74-2121 ◎ ◎ () ③	
Uguisuya Ryokan	☎74-2281 ◎ ◎ Ø 🗑	
Orange Bay	☎76-0881 ② ②	
🚯 Ryokan Kunisaki	☎74-3500 ◎ ◎ ∅ ⊘	
Syun-you-kan	☎74-2261 ❷ ❷ Ø 🚱	
¶ Yuyado Jyo-kiya	☎74-2101 ③ ③ ③	
Tsutaya Ryokan	☎74-2134 ③ ② ② 	
🕠 Fukutokuya Ryokan	☎74-2181 ◎ ◎ Ø 🗑	
Ryokan Fujiya	☎74-2155 ◎ ◎ ∅ ◎	
Ryokan Yamadaya	☎75-0505 ◎ ◎ ∅ ◎	
Ryokan Yunoka	☎75-0100 ◎ ◎ ∅ ◎	
64 Mutsumi No Yado Ryokan Wataya	☎74-2234 ⑤ ⑥	
(Business hotels)		
Obama Business Hotel	☎75-0331 ③ ③ ③	
	☎74-3590 ⑤	
Hamakan Hotel	☎74-2222 ⑤	
(Other)		
① Unzenso	☎76-0550 ◎ ◎ ◊	
Wakihama Onsen	☎74-3402 ⑤	
Mamanoyu Public Bath	238-3111 (Environmental Policy Section, City of University	



(Hotels and inns)	
1 Unzen Iwaki Ryokan	☎73-3338 ◎ ◎ ∅ 🚱
1 Unzen Kyushu Hotel	☎73-3234 ◎ ◎
22 Yuyado Unzen Shin'yu Hotel	☎73-3301 ◎ ◎ ◊ ③
Azumaen Ryokan	☎73-2588 ◎ ◎ ◊ ③
Modern Folkart Inn Unzen Fukudaya	☎73-2151 ◎ ◎ ∅ ◎
⑤ Unzen Kanko Hotel ●	☎73-3263 ◎ ◎ ◎ ◎
🐠 Unzen Miyazaki Ryokan	☎73-3331 ◎ ◎
Unzen Sky Hotel	☎73-3345 ◎ ◎ ◊ ◎
Yumei Hotel	☎73-3206 ◎ ◎ ◊ ◎
Yumoto Hotel	☎73-3255 ◎ ◎ ◊ ⓒ
Ryotei Hanzuiryo Inn	☎73-2111 ◎ ◎ ◎
1 Yukai Resort Unzen Toyokan	☎ 0570-550-078 ◎ ◎ ◊ �
Unzen Kojigoku Seiunso Onsen	☎73-3273 ◎ ◎ ∅ ◎
(Guest houses)	
Marutoya Ryokan	☎73-3457 ◎ 🚯
Minshuku Sekiso	☎73-3477
Minshuku Unzen	☎73-3525 ⓒ
6 Minshuku Shindo	☎73-2323
(Other)	
Mori no le Guesthouse	☎73-3541 ③
®TSUDOI Guest House	☎60-4225 ③
Kojigoku Onsenkan	☎73-3273 ◎ ⑥
1 Yunosato Onsen Kyodo Yokujo	☎ (00 - 5286 - 2576 ◎
1 Unzen Shin'yu Onsenkan	☎73-3233 ◎ ③

273-3482 @ @ @

Jnzen City (Unzen Onsen)

Tudokoro rosmeno	A73-0107 9	
Naminoyu Akane Seaside Open-air Bath	☎76-0881 ⑤	
Unzen City(Lhijiwa-cho)
(Inns)		
6 Amakawaya Bekkan	☎ 37-3196	0
6 Rest House Mori no shirabe	☎37-6556	0
Unzen City(A	\ino-machi)
(Inns)		
65 Kasugaya Ryokan	☎ 36-0118	
Unzen City(N	⁄lizuho-cho)
(Public inns)		
66 Mizuho Sukoyaka Land Fureai Kaikan	☎ 77-4111 ◎ ◎ €	_
(Business hotels)		
69 HOTEL AZ Nagasaki Unzen	☎ 77-4401	0
Unzen City(k	(unimi-cho)
(Inns)		
68 Kangetsuso	☎78-2027	0
Ryokan Suehiro	☎ 78-2716	

☎78-2719

☎78-3331

0

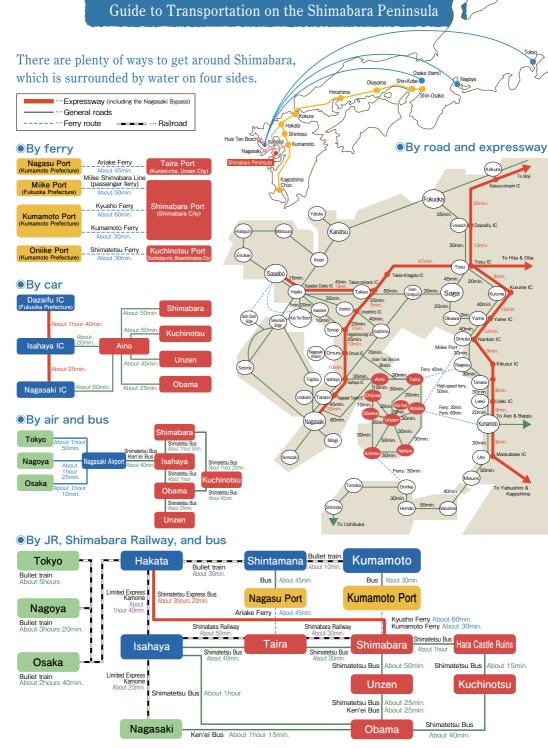
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Ryokan Syouei

(Public inns)

① Yugakunoyakata

Unzen Yokayu



"Shimabara Peninsula: A Perfect Place to Visit" Map











Public transport

	Service or facility	Area	TEL
	Shimabara Railway	Alea	0957-62-4705
Railroad	(Information Center) JR Kyushu/Nagasaki Station Information Center		095-826-4336
Airport	Nagasaki Airport		0957-52-5555
	Shimatetsu Bus		0957-62-4703
	Nagasaki Ken'ei Bus		095-823-6155
Bus	Nagasaki Bus		095-826-1114
	Kyushu Kyuko Bus		095-861-7224
	Shimatetsu Ferry (Kuchinotsu Port)		0957-86-2165
	Ariake Ferry		0957-78-2105
Ferry/ high-speed	Kyusho Ferry		0957-62-3246
ferry	Kumamoto Ferry		0957-63-8008
	Miike Shimabara Line (high-speed ferry)		0957-64-1515
	Shimatetsu Taxi	3	0957-62-6271
	Daiichi Koutsu Taxi	3	0957-62-2261
	Koarashi Taxi	3	0957-62-3177
	Hayashida Kanko Taxi	3	0957-63-1919
	Honda Kanko Taxi	3	0957-63-0073
	Heiseikanko Taxi Shimabara Office	3	0957-62-2000
	Ariake Taxi	2	0957-68-1166
	Obama Onsen Taxi	7	0957-74-3177
	Obama Kanko Taxi	7	0957-74-2619
	Heisei Kanko Taxi Unzen Office	1	0957-73-2010
Taxi	Imasaka Taxi	8	0957-37-2021
Idai	Ekimae Taxi Aino Office	8	0957-36-0039
	Mizuho Taxi	9	0957-77-3161
	Kunimi Kowan Kanko Taxi	2	0957-78-3246
	Miyazaki Taxi	3	0957-72-2057
	Mishio Taxi	4	0957-72-2209
	Heisei Kanko Taxi	5	0957-82-1011
	Arie Taxi	5	0957-82-2001
	Mishio Taxi	5	0957-82-2009
	Arima Taxi	6	0957-84-2029
	Harajo Kotsu Taxi	6	0957-85-2103
	Honda Kanko Taxi	6	0957-86-2100
	Minamishimabara Kotsu	6	0957-87-3930
Car rentals	TOYOTA Rent a Car Nagasaki Shimabara	3	0957-62-0100
Other	Unzen Ropeway	1	0957-73-3572



···Tourist information

Kumamoto Port Tourist Information (open Saturdays, Sundays, and public holidays only)

Numbers: Taxi service areas

Tourist associations in the Unzen Onsen Town





Unzen Destination Service

320 Unzen, Obama-cho, Unzen-shi, Nagasaki Prefecture 854-0621 20957-73-3434 (Open 9:00 am to 5:00 pm year-round)





Shimabara Tourism Bureau (Shimabara Port Tourist Information)

7-5 Shimokawashiri-machi, Shimabara-shi, Nagasaki Prefecture 855-0861 20957-62-3986 (Open 9:00 am to 5:30 pm year-round)





Minamishimabara City Tourist Association 1395 Minamiarima-cho Otsu, Minamishimabara-shi, Nagasaki Prefecture 859-2412 **25**0957-65-6333 (Open 8:30 am to 5:30 pm except over the New Year's holiday)

Unzen Volcanic Area UNESCO Global Geopark





Shimabara Tourism Section, City of Shimabara 537 Uenomachi, Shimabara-shi,

Nagasaki Prefecture 855-8555 2 0957-63-1111 / FAX 0957-62-8006

Tourism and Local Products Section, City of Unzen

714 Ushiguchimyo, Azuma-cho, Unzen-shi, Nagasaki Prefecture 859-1107 2 0957-38-3111 / FAX 0957-38-3205

Tourism Promotion Section, City of Minamishimabara

96-2 Satobo, Nishiarie-cho, Minamishimabara-shi, Nagasaki Prefecture 859-2211

2 0957-73-6632 / FAX 0957-82-3086

Shimabara Tourism Board

1-1 Heisei-machi, Shimabara-shi, Nagasaki Prefecture 855-0879 (in Gamadas Dome)

TEL: 0957-62-0655 (Weekdays, 8:30 am to 5:15 pm) Unzen Onsen Town Q





